

DR. JAEGER'S
SANITARY WOOLLEN SYSTEM.



"The First Wealth is Health."

Emerson.

Sole Concessionaries for Great Britain and the British Possessions.

Dr. Jaeger's Sanitary Woollen System Co., Limited.

42 & 43, FORE STREET, LONDON, E.C.

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NOTICE.

I have conceded to

Dr. Jaeger's Sanitary Woollen System Company,
LIMITED,

42 & 43, FORE STREET, LONDON, E.C.,

THE sole right in Great Britain and the British Possessions of the use of my name, publications respecting my System, patents, trade marks, etc., and the sole sale in Great Britain and the British Possessions, of articles of Clothing, Bedding, etc., in connection with my Sanitary Woollen System, and stamped with the trade marks. I guarantee that the materials of such articles made by the authorised manufacturers consist throughout of animal fibre (animal wool, hair, feathers) without any mixture of vegetable fibre; also that articles described to be of the natural colour are free from dye, and that dyed articles are only treated with genuine and harmless dyes.

For articles on which the trade marks in question do not appear, I am of course not responsible.

Prof. Dr. G. JAEGER.

STUTTGART,

11th December, 1883.

SELECTIONS FROM ESSAYS

ON

HEALTH-CULTURE

AND THE SANITARY WOOLLEN SYSTEM.

BY

GUSTAV JAEGER, M.D., STUTTGART,

PROFESSOR OF ZOOLOGY AND PHYSIOLOGY, ROYAL POLYTECHNIC SCHOOL, STUTTGART;
ROYAL AGRICULTURAL COLLEGE, HOHENHEIM.

(TRANSLATED FROM THE GERMAN.)

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Effects of Excess of Fat and Water in the Tissues.	Autumn or Stinging Flies.
Undervests.	Patents and Royalties.
The Causes of Disease, and Disease Germs.	Tailors.
The Specific Gravity of the Body.	The Crisis of Disease.
The Sanitary Coat.	Woollen Clothing. Fire Proof.
The Source of the Emotions.	The Sanitary Woollen Handkerchief, and Catarrhal Infection.
Sanitary Woollen Clothing.	The Adulteration of Wool with Cotton.
The Open Bedroom Window.	The Air in the Rooms.
The Deodorization of the Body.	Cold Baths.
The German Gymnastic Suit.	The Sock or Stocking
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Summer and Winter Clothing.	The Sanitary Woollen Bed.
Inhaling of Dust.	The Platinum Lamp Deodoriser.
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The Shirt, the Trousers, and the Hat	The Sanitary Effects of Colours.—I.
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Is Woollen Clothing Weakening?	The Cleansing of the Outer Clothing and Bedding.
The Curative Power of Wool.	The Treatment of Infants.
Progress of the Sanitary Woollen Clothing Reform.	Vegetarianism.
Variations of Temperature, and Sunstroke.	The Positive and Negative Effects of the Sanitary Woollen System.

Price 1s. Post Free, 1s. 3d.

PUBLISHED BY

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"The First Wealth is Health."

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DR. GUSTAV JAEGER'S
CLOTHING REFORM
FOR
MEN, WOMEN AND CHILDREN.

THE extent to which the health is prejudiced by the material and form of the ordinary clothing of the present day was scarcely suspected, and was never made generally known, until GUSTAV JAEGER, M.D., Professor at the Royal Polytechnic School, Stuttgart, commenced, about 1872, to publish the result of his investigations on the subject.

The special study, based on exhaustive scientific and practical experiments, which Dr. Gustav Jaeger has continued during subsequent years to give to this question, has established that much of the bodily derangement to which men and women are liable may be prevented or cured by the adoption of Sanitary Woollen Clothing and Bedding, which afford to the body the *maximum* of protection from chill and damp, with the *minimum* of impediment to the body's exhalations.

That these conditions are instinctively felt to be better fulfilled by woollen than by linen or cotton clothing is shown by the general use of flannel for cricket, boating, tennis, and other athletic exercises likely to cause profuse perspiration, which, however, is simply an intensification of the action of the skin incessantly going on, and only ceasing with life itself. If this action of the skin be imperfect or repressed, fat and water accumulate in the tissues, lowering their functional powers, and the flesh, which should feel elastic and firm, is flabby, causing a series of disorders in the general economy (see "Effects of Excess of Fat and Water in the Tissues."—*Selections from Dr. G. Jaeger's Essays.*)

It is in view of the importance, not only for active persons but also for those who lead sedentary lives, of maintaining the healthy action of the skin, that Dr. Gustav Jaeger denounces the use in clothing and bedding of all material manufactured from, or adulterated with, *vegetable or silk fibre*, as incapable of the necessary absorption, and obstructive to the natural process of evaporation. Linen and cotton are, moreover,

rapid conductors of heat, and thus, when damp, readily cause a chill, while wool acts in precisely the reverse manner, as is explained further on.

He, therefore, selects animal wool as the proper substance of his Sanitary Clothing (*Normal Kleidung*), and rejects *all linen, cotton and silk, for under-clothing and for linings to coats, &c.* The advantages of this material are obvious, as wool, when woven into tissues, possesses, above all textile fabrics, a peculiar power of absorption, and of acting as a non-conductor of heat, preserving an equable temperature of the body. It has the faculty of eliminating from the tissues excess of fat and water, making the flesh firmer, and thus exercising a hardening, instead of the softening effect generally ascribed to wool—and rightly, *when it is worn under linen or cotton.* The unnatural pallor of the skin under the ordinary clothing is due to the stagnation of the surface blood-vessels, caused by the repression of the exhalations: under Jaeger's Sanitary Woollen Clothing the body resumes its natural colour, such as temporarily follows from the stimulus of a cold bath, showing that the blood is freely circulating at the surface.

Wool fabrics, as they have hitherto been woven, are, to many persons, highly objectionable, irritating the skin, and not allowing sufficiently free escape for the exhalations, besides which they are heavy and can scarcely be worn in the summer; but Sanitary Woollen Clothing should be such as can be worn in all seasons, with freedom from oppressive heat, while maintaining the necessary warmth. It therefore became necessary to alter the process of weaving, and to adopt a method which produces a much less closely woven fabric than the ordinary flannel. Jaeger's Sanitary Woollen Under-clothing is made in shirts, chemises, or in combination garments of shirts or chemises and drawers (in one piece) for both sexes. In appearance and feel these fabrics are very similar to spun silk, and it may be confidently asserted that no garments hitherto made are so agreeable to wear. They are perfectly soft, and will not irritate the most delicate skin, while the folds adapt themselves to the body in the most comfortable manner. The shirts, &c., are not open in front, but are of double thickness over the chest, and button at the sides and on the shoulder. They may be worn through the heat of the summer with comfort, and in colder weather they maintain as much warmth as the heavier flannel clothing.

Jaeger's Sanitary Woollen Clothing having achieved marked success in Germany and other foreign countries (where leading members of the medical profession have testified to its value), its introduction into this country, which possesses a climate so liable to sudden and extreme changes of temperature, should attain results even more satisfactory. The system

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needs only to become known, and to be tried, to ensure its permanent adoption by the public at large. All articles are manufactured of the finest and purest wool, *without any admixture of vegetable fibre, and free from noxious dyes.* The great prevalence of the practice of adulterating woollen fabrics, and the free use of injurious dyes, make this a most important consideration. To healthy persons the timely adoption of Jaeger's Sanitary Woollen Clothing will prove an excellent defence against bodily disorders from climatic and other influences; while its use will be accompanied by most beneficial results to those whose constitutions are not robust, or whose health is impaired, especially to sufferers from asthma and other pulmonary complaints, affections of the chest, gout, rheumatism, disorders of the digestive organs, &c. The Sanitary Woollen System acts on such diseases by assisting the efforts of the skin to expel the secretions with which they are retained. (See "The Nature of Disease."—*Selections from Dr. G. Jaeger's Essays.*)

Members of the military and naval professions, as well as of the mercantile marine, and travellers in general, will find Jaeger's Sanitary Woollen Clothing to be of great convenience, in addition to its sanitary value.

THE SANITARY ADVANTAGES OF PURE ANIMAL WOOL.

I. Wool has a more stimulating effect on the skin than linen or cotton, and consequently promotes its action and exhalation.

II. Wool is much less a heat-conductor than linen or cotton, and thus diminishes the withdrawal of animal heat, maintaining a higher temperature throughout the skin and body.

III. Wool, when made up into porous material, has, owing to its great warmth and porousness, the considerable advantage over linen and cotton, that it throws off the exhaled matters in the form of vapour, thus preventing them from turning to water on the skin. Linen and cotton, on the other hand, by reason of their inferior warmth and porousness, cause these exhalations to be converted into water, and this explains why the body, even when freely perspiring or exhaling, remains dry in woollen clothing, while in linen or cotton it becomes wet, as is matter of common experience with all who engage in athletic exercises.

IV. The exhalations of the body are the means provided by nature for cooling it. The more freely the body exhales or perspires, the more equable will be its temperature, and the more readily will it deal with an

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excess of heat, whether proceeding from inward or outward causes. Hence wool, while warming the skin in a greater degree, is a better preventative than linen or cotton of overheating the blood through internal heat. This explains why, when the skin is accustomed to the stimulating effect, woollen clothing is felt to be less oppressively hot than linen or cotton in summer, causing less perspiration, and is considered more comfortable in the hottest climates.

V. Wool is electrical, while linen and cotton are not; *i.e.*, wool can excite electricity, but will not conduct it. It follows, therefore, that a body clothed in wool loses less of its animal electricity, while fresh electricity is excited on the surface.

Dr. G. Jaeger's Sanitary Woollen Clothing System is therefore salutary for those whose bodies are deficient in animal heat. With persons leading sedentary lives, the action of the skin is usually defective, and requires the stimulating aid of the woollen clothing, which has the effect of eliminating from the tissues the excess of water and fatty matter always ready to accumulate when insufficient exercise is taken.

The System is salutary in cases of catarrh, accumulation of phlegm, fluxions and gouty affections, disorders of the digestive organs, &c. Sometimes these complaints can only be permanently cured through its adoption.

The System is further salutary in cases of tendency to congestions of blood in particular parts, such as in the head—whence arise vertigo, headache, singing in the ears, apoplexy, &c.—and in the chest, causing pains, asthma, coughing, &c. The increased freedom for the passage of the exhalations of the body afforded by the Sanitary Woollen Clothing has an excellent effect on these complaints; and the System may thus prevent the setting in of lung disease, hemorrhoids, spitting of blood, and other fluxions of blood.

The System is salutary for nervous, hypochondriacal and hysterical persons, whose health is especially dependent on the unimpeded exhalation of the skin. It is salutary during and after all serious illnesses, preventing relapses, and for persons who are sensitive to changes in the atmosphere. There can be no better protection against heat, cold, wet, electric, or other atmospheric influences. The System is therefore salutary in climates and conditions of life subject to frequent and sudden changes, and especially in travelling. Chills contracted through draughts or cold, damp clothes or bedding, are very dangerous, because the exhalations of the body are suddenly checked, interfering with the circulation of the blood, thus disturbing the action of the lungs, the liver, the stomach, &c., and setting up inflammation and fever.

DR. G. JAEGER'S SANITARY WOOLLEN OUTER-CLOTHING.

The material should consist throughout of *pure* wool, *sanitarily* dyed, or of the natural colour, and should offer as little impediment as possible to the passage of the exhalations of the skin.

It should, therefore, be not unnecessarily thick. The web should be porous and pervious to the light; and very closely woven textures should be avoided, the best being the so-called "stockingnette" or "tricot." As exhaled vapours move similarly to rays of light—*i.e.*, in a straight direction, they are impeded by accumulation of web over web, the pores of the upper surface obstructing those beneath. The ordinary waistcoat between coat and shirt, and padding in the coat, should therefore be dispensed with. Overcoats should not be worn, except in extreme cold, such as is seldom experienced in this country. If the material be of the proper thickness, the same clothing may be worn summer and winter; if any difference be made, it should consist of lighter or heavier shirts and trousers.

The clothing should fit so closely that the air between it and the body cannot move in an ascending direction, producing a draught of cold air from underneath. This is best attained by the employment of as elastic a web as possible—"the stockingnette"—both for over and under-clothing. The coat should button compactly to the figure, and be well closed at the throat, so as to maintain uniform warmth over the whole body. By additional warmth to the middle line of the trunk, where the blood-vessels converge, these are expanded, and the skin exhales more freely and rapidly. This is attained by a double thickness of material along the line in question, both in coat and trousers. The sleeves of the coat should be lined with woollen material, and these as well as the trouser-legs should be closed against upward draughts of air by webbings sewn in them, fitting round the arms and legs, and maintaining an equable temperature.

As ordinary clothing by no means complies with these conditions, special constructions have been devised and patented, avoiding, as far as possible, unusual appearance or departure from the general fashion.

The admixture of greater or less quantities of vegetable fibre in professedly pure woollen fabrics is so general, and is frequently so difficult of detection, that only such material is admitted in Jaeger's Sanitary Woollen Clothing as will bear the test of scientific microscopical examination, and is free from injurious dyes.

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DR. G. JAEGER'S SANITARY WOOLLEN BEDDING.

The bedsteads should be made entirely of metal, or if of wood, should be thoroughly painted or varnished, inside and out. The bedding and coverings should consist throughout of materials made from animal fibres—wool, hair, feathers—of the natural colour or *sanitarily* dyed. Materials of vegetable fibres, such as linen or cotton, should be entirely excluded, for reasons fully explained above.

As the ventilation of the air in the clothing effected by the movements of the body is not attained when in repose, experience has shown that the bedding is a most important part of the Sanitary Woollen System.

The remarks under the last heading as to the frequent admixture of vegetable with animal fibre, apply with at least equal force to bedding materials. For instance, the horsehair stuffing of mattresses is commonly adulterated with a species of grass, which only the closest examination can detect.

THE ATMOSPHERE OF THE ROOMS.

To secure the full advantage, as described above, of the Sanitary Woollen System, it is necessary, at all seasons of the year, to sleep with the window open, which may be done without the least danger when the clothing and coverings are woollen. The window must be open in the sleeping-room itself, but the air can be prevented from blowing on the sleeper by the interposition of a blind or curtain. The test of a perfectly ventilated room is simple—it must be free from odour.

A sanitarily clothed person need have as little fear of draughts as of cold and wet, but should avoid overheated, overcrowded, and “fusty” rooms.

THE RELATION OF THE BODY TO VARIOUS SUBSTANCES.

The following briefly summarises Dr. G. Jaeger's explanation of the importance of the Sanitary Woollen System, in connection with his researches on the diverse character of the body's exhalations.

(Further information is afforded in “Selections from Dr. Gustav Jaeger's Essays on Health-Culture,” comprising translations of many of his most important essays which have appeared in his *Die Normal Kleidung* and monthly *Monats-Blatt*.)

Dr. G. Jaeger points out that in the health and sickness of mankind the exhalations and secretions perform a most important part. These exhalations may be divided into two classes, which are of entirely opposite character.

I. The mal-odorous, or “noxious” exhalations, are generated in the body during and after the digestion of food, or when the body is attacked by disease, or the mind is under the influence of depression or dread. The retention of the “noxious” exhalations induces contraction of the blood vessels of the skin, diminishing its power of exhaling and of throwing off heat; relaxation of the tissues, causing accumulation of fat and water and general enervation; increased tendency to disease, as the blood and tissues become more subject to decomposition through adverse influences in proportion to the greater quantity of water which they contain; diminished energy of the muscles, blood vessels, and nerves, and premature ageing.

II. The hitherto unrecognised “salutary” fragrant exhalations, which the body also generates, may from their quickening, healing influence be considered the medicine and healing power implanted by nature in the body. By expanding the blood vessels of the skin, they assist it to throw off moisture, odorous matters, and heat, preventing an excessive internal temperature. They promote the exhalation of the skin, and diminish the tendency of the tissues to accumulate water, rendering them *hardy*, and less subject to decomposition. There is greater power of resistance to influences of weather, of the emotions, of infection; greater capacity for labour, mental and physical. If sickness sets in, the predominance of the “salutary” exhalations exercises an important healing influence.

The body not only gives off its exhalations in the surrounding air, but also communicates them to all objects with which it and its atmosphere come in contact; for instance, a dog will recognise by the scent anything belonging to its master.

Dr. Gustav Jaeger explains that the relations of these two kinds of exhalations to various materials are diverse.

Metallic substances, glass, and wood of which the pores are closed by paint, varnish, etc., are practically impervious to exhalations, while the two classes of materials next mentioned absorb them, but in very different manner.

I. All vegetable fibres, such as linen, cotton, hemp, jute, paper, unvarnished and unpainted wood, silk, and *unsanitarily* dyed or dressed wool and leather, attract only the “noxious,” “self-poisoning” exhalations and therefore these substances become, when in contact with human beings, gradually offensive and even poisonous in their effect. Clothing

made from such fibres is only agreeable and wholesome when quite new or just washed, but soon becomes saturated with the "noxious" exhalations, producing discomfort and, if wet, when the vapours are set free, becoming especially dangerous.

II. All kinds of animal wool and hair, leather (undressed or *sanitarily* dyed and dressed), feathers, horn, only absorb the "salutary" exhalations. As soon as clothing made from animal fibre has absorbed the "salutary" exhalations of the body, it becomes exceedingly agreeable, and this feeling grows to one of positive pleasure in the woollen clothing.

RULES TO OBSERVE IN ADOPTING THE SYSTEM AND GENERAL REMARKS.

To secure its benefits the System must be adopted in its entirety. Much may be effected by wearing the Sanitary Woollen Under-clothing, with coats and trousers altered as far as possible to the Sanitary models; the old linings and padding should be removed, and the coat be made to button closely to the figure; coat-sleeves and trouser legs should be closed against draught by the webbings described above, &c., &c.; as to which advice and assistance will readily be given. The upper and lower coverings of the bed should be woollen, and a spare woollen shirt, drawers, and socks will be found most comfortable to sleep in.

The stimulus temporarily imparted by cold baths to the comparatively stagnant blood-vessels on the surface of the bodies of wearers of ordinary linen or cotton clothing is permanently supplied by the Sanitary Woollen Clothing. Wearers of the latter should, therefore, not dry the body after a bath, and in hot, dry weather should apply a wet sponge over the shirt before putting on the outer-clothing. This may be done without danger, and the evaporation which ensues counteracts the excessive rush of blood to the surface of the body, while adding greatly to the refreshing effect of the bath.

The Sanitary Woollen System requires time to work its full benefits and those who adopt it should not be misled or repelled by symptoms consequent on the efforts of the skin to expel, through its secretions, any disease previously retained in the body through the repression of the exhalations, by the unsanitary ordinary clothing and bedding. In such cases the System performs an inestimable service, as until these secretions are expelled no permanent recovery is possible.

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The Sanitary Woollen System does not pretend to promise perfect health under all and every condition, any more than it promises to perpetuate existence. But wide experience has shown that by its adoption disturbances of health are less frequent, and when such take place, they pass away much more quickly, and seldom result in chronic disease. The relief afforded to the healthy body by its freedom from the confinement of the ordinary unsanitary clothing engenders a previously unknown feeling of health and of full possession of the energies.

The Sanitary Woollen System has proved a powerful and lasting cure for diseases (and there are many) caused through the enervation of the tissues of the body by the action of its own or extraneous "noxious" vapours, and the System thus supplies an important gap in the science of healing.

The great sanitary success and widespread adoption in Germany and other countries of Dr. Gustav Jaeger's Sanitary Clothing Reform encourage the conviction that its importance will be quickly recognised in this country.

In order, therefore, to publish information respecting this Reform, and to provide every facility for its adoption, Dr. G. Jaeger has constituted

DR. JAEGER'S SANITARY WOOLLEN SYSTEM COMPANY,
LIMITED,

42 & 43, FORE STREET, LONDON, E.C.,

the sole representatives, in Great Britain and the British Possessions, of his Sanitary Woollen System.

The Company has accordingly established at the above address a dépôt for the sale of the Sanitary Woollen Clothing, Bedding, and other articles connected with Dr. G. Jaeger's System, which are manufactured under his authority, and with his personal guarantee for their purity and sanitary qualities. To this has been added a Tailoring Department for Outer-clothing made in accordance with Dr. G. Jaeger's System, of pure woollen materials throughout.

Illustrated Catalogues will be forwarded on application. Further information respecting Dr. G. Jaeger's Sanitary Woollen System will be found in a selection from his Essays on Health Culture, published in English, in the form of an 8vo volume, price 1s., post free 1s. 3d.

For Great Britain and the British Possessions.

SELECTIONS FROM A LARGE NUMBER OF

TESTIMONIALS

In favour of Dr. Jaeger's Sanitary Woollen System.

Dr. E. SCHLEGEL, *Practising Physician.*TÜBINGEN, *February, 1881.*

“Observation has taught me that the Sanitary Woollen Clothing works in many ways as a powerful and speedy remedial agency, producing a general improvement of the constitution and effecting remarkable cures, even in distinctly organic affections, such, for instance, as chronic dyspepsia, chronic laryngeal catarrhs, &c.”

Dr. SIGMUNDT, *Medical Officer of Health.*SPAICHINGEN, *February, 1881.*

“My experience, dating from last spring, fully bears out everything you have published regarding the sanitary advantages of the Sanitary Woollen Clothing. Not only is it one of the most effectual means of preserving health and bodily vigour, but a great factor in the treatment and radical cure of many chronic affections.”

Prof. Dr. RAPP, *Consulting Physician to H.M. the Queen of Württemberg.*STUTTGART, *April, 1881.*

“I can testify that Dr. Jaeger's Sanitary Woollen Under-clothing, especially the shirts, is preferable to the ordinary flannel shirts and vests. While the latter soften and enervate the body, the Sanitary Woollen Shirt exercises a hardening effect, by facilitating the constant passage of the exhalations from the skin, thus strengthening the general health.”

Dr. ERNEST HART.

LONDON, *April, 1882.*

“Jaeger's Sanitary Woollen Under-clothing is excellent in design, light, smooth and fine in fabric, and may be worn with equal advantage in summer and winter. I think it a useful and hygienic production.”

Dr. G. SAPOLINI, *Body Physician to H.M. the King of Italy.*MILAN, *5th November, 1883.*

“The Directors of the Royal Italian Hygienic Society, Milan, have examined Dr. Jaeger's Sanitary Woollen Clothing, and, having regard to the quality of the material employed, and the excellence of the manufacture, pronounce these articles of dress to be sanitary and hygienic.”

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FURNITURE.

Dr. Jaeger's Sanitary Woollen System.

THE remarks of Dr. Jaeger on the diverse relations of the exhalations of the body to various substances (see pages 9 and 10) explain the importance which he attaches to the selection and treatment of the materials employed in the manufacture of Furniture.

Upholstered Furniture is frequently covered, and almost invariably stuffed, with materials of vegetable fibre, which become permeated with noxious odours and exhalations. A sensation of discomfort is often felt when sitting or reclining on an upholstered sofa or chair, and rooms which contain upholstery soon become stuffy if not thoroughly ventilated. Dr. Jaeger asserts that the various emanations proceeding from such Furniture have an incessantly deleterious effect on the atmosphere of rooms.

(See "The Air in Rooms," *Selections from Dr. G. Jaeger's Essays*).

Dr. Jaeger further requires that the pores of all wood-work shall be closed by paint, varnish, etc. Most furniture is only painted and varnished where the surface is intended to be seen, but noxious odours and exhalations are as readily absorbed by plain wooden surfaces as by material of vegetable fibre in clothing.

Constructions of Furniture specially devised to meet these objections have been patented in this country, and the Company has entered upon arrangements with a leading firm of upholsterers to supply Furniture in accordance with Dr. Jaeger's Sanitary Woollen System. Further particulars can be supplied at the Company's Dépôt.

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OUTFITS FOR INDIA AND THE COLONIES.

Jaeger's Sanitary Woollen Clothing is the best and least cumbersome protection against the evil effects of change of climate and the injury to health which may ensue, not only from extremes of heat and cold, but from ignorance of particular climatic conditions, such as the sudden cooling of the air after sunset, etc. Jaeger's Sanitary Woollen Clothing protects the body from chill and damp, and increases its power of resistance to such diseases as Cholera, Typhus, Dysentery, etc. See *Selections from Dr. G. Jaeger's Essays*.

For the tropics, very light under-clothing can be supplied, and white cashmere is recommended as a substitute for the ordinary linen under-clothing.

A gentleman who adopted the Sanitary Woollen System for his journey round the world, during which he encountered the most various climatic conditions, has kindly complied with the request to furnish a brief account of his experience of the System.

SOUTH LODGE, 58, TULSE HILL, LONDON.

TO DR. JAEGER'S SANITARY WOOLLEN SYSTEM CO., LIM.
42 & 43, FORE STREET.

I have pleasure in stating my experience of Dr. Jaeger's Sanitary Woollen System, under most varying and trying circumstances. I adopted the System during the summer of 1882, and conformed to the general rules laid down by Dr. Jaeger as to sleeping, etc. The results were so satisfactory that I decided to adhere to the system during a journey round the world. I was away nearly a year and travelled through a considerable part of India, Ceylon, and Java, also visiting Australia and the United States.

During the whole journey I enjoyed the most perfect health, and was not even troubled by a single influenza until reaching Melbourne. The Sanitary Woollen System seems to me to be eminently adapted for hot climates and rapid changes of temperature, effectually guarding the body against chills, and protecting it at the same time from the excessive heat of a tropical sun.

I was several times exposed to great variations of temperature in the space of a few hours, but I experienced no ill effects, although I dispensed with greatcoat and wraps. In going from Kandy (Ceylon) to Nuwera Elia, a sanitarium 7,000 feet above the level of the sea, I was transported in about six hours' time from a temperature of 90° Fahr. in the shade (or about 140° in the sun) to 32° or freezing point. I underwent a similar variation of temperature, without change of costume, in journeying from the Plains to Darjeeling, a hill station in the Himalayas, and I had no reason to regret the absence of an overcoat, etc.

Light stockingette under-clothing, with coat and trousers of white cashmere, all of pure woollen material, appears to me the most suitable dress for the tropics. White flannel will replace the cashmere in place of need, but it does not wash so well, and there is less style about it.

In conclusion I can only state my complete satisfaction with Dr. Jaeger's Sanitary Woollen System, and warmly recommend it to anyone undertaking a similar journey or intending to reside in the tropics. I find the system equally suitable to this climate, and I have worn nothing but woollen material since my return.

Trusting that your efforts to introduce the system in England and the Colonies may meet with merited success,

21st December, 1883.

I am, yours truly,
(Signed), JOH. RASCHEN.

Sole Concessionaries

Outfits for India and the Colonies—*continued.*

The writer of the foregoing letter has further kindly supplied the subjoined list of articles, *in connexion with Dr. Jaeger's Sanitary Woollen System*, which his experience has shown to be necessary for a similar journey, extending over one year, having regard to the importance of restricting the quantity of luggage as much as possible:—

Sanitary Frock Coat and Light-coloured Trousers.

Two Sanitary Travelling Suits.

Three „ Washing „ White Cashmere.

Three „ Light, Sleeping Suits.

Cardigan Vest (natural undyed wool), to wear between shirt and coat, when extra warmth is required.

One dozen Sanitary Woollen Shirts, Summer quality.

Half „ „ „ Pants „ „

Four „ „ „ Collars.

Half „ „ „ Socks.

Two „ „ „ Handkerchiefs.

One pair „ „ „ Boots.

Two „ „ „ Shoes.

One „ „ „ Slippers.

One „ „ „ Gaiters.

Two „ „ „ Stomachic Belts.

Two „ „ „ Soft Hats.

Two „ „ „ Coverlets or Rugs.

Three „ „ „ Cashmere Sheets.

Further valuable practical information and advice from the same source is in the possession of the Company, and will be communicated with pleasure to intending travellers.



For Great Britain and the British Possessions.

JAEGER'S Sanitary Undyed Natural Knitting Wool.



JAEGER'S SANITARY

W. BENDER SONS,

Professor Dr.



Gust. Jaeger

UNDYED NATURAL KNITTING WOOL.

SOLE MANUFACTURERS.

THE great sanitary advantages of Natural Undyed Wool are explained in *Selections from Dr. G. Jaeger's Essays* under the heading of "The Sanitary Effects of Colours or Dyes." The Natural Undyed Knitting Wool therefore supplies an important sanitary want, and is further an exceedingly durable and good woollen yarn.

It is produced under the supervision of Dr. Gustav Jaeger, and, by his special permission, is sold as

Dr. G. Jaeger's Sanitary Natural Knitting Wool,

with his signature upon each label.

This Sanitary Natural Knitting Wool is—

1. Very durable, because made from the best long-stapled, carded wool, free from waste wool in any form.
2. Undyed, not treated with any colouring matter. Therefore, in addition to its durability, it offers the important sanitary advantage that, being natural, no dye from it can come off on the skin, whereas dyed yarns are troublesome in this respect, and sometimes have evil consequences. Neither through perspiration nor in the wash can it lose colour; and it retains its softness, an especial recommendation to sensitive persons.
3. It preserves in their entirety the sanitary qualities and peculiar electricity of the natural living healthy sheep's wool, as evidenced by its fresh odour and soft feel, and is therefore most valuable to those who suffer with their feet.

With the Sanitary Natural Knitting Wool, socks, etc., can be knitted of the same material and shades of colour as are used in the manufacture of the Sanitary Woollen Under-clothing. The wool can be had in

Very fine, soft, durable, Summer Quality,
Somewhat stouter, with thicker yarn, Winter Quality,

Mingled light and dark natural brown.

For Prices see next page.

Sole Concessionaries

JAEGER'S SANITARY UNDYED STOCKINGNETTE (TRICOT) STUFFS

EXTREMELY SOFT, ELASTIC, AND DURABLE.

B E N G E R ' S M A K E ,

Guaranteed of pure Sheep's Wool.

All samples represent undyed natural Colours.

*For Undervests and
Pants.*

For Sanitary Shirts, Combinations, Undervests, &c.

Quality **A**

Quality **B**

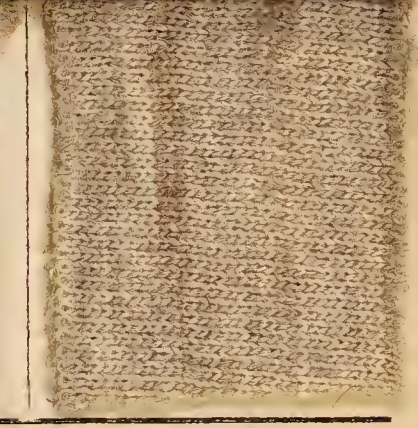
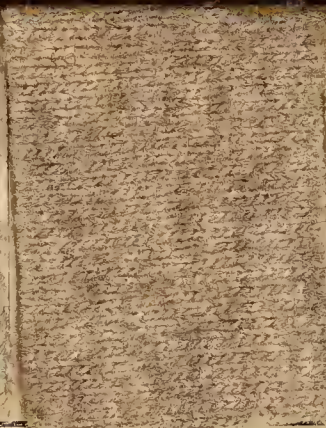
Quality **K**

Quality **KK**

Winter quality.

Summer quality.

Extra
quality.



Jaeger's Sanitary undyed natural-coloured Knitting Wool.

Light natural
colour, superfine
quality.

Dark natural
colour, extra fine
quality.



Both qualities are supplied in light natural and dark natural (undyed) colours.

For explanation of the Sanitary advantages of this natural-coloured Knitting Wool, see page 16.

PRICES : *First quality* 7s. 0d. per lb.

Second „ 5s. 6d. „



JAEGER'S SANITARY
KNITTING WOOL ASSOCIATION,

Professor Dr.



Gust. Jaeger.

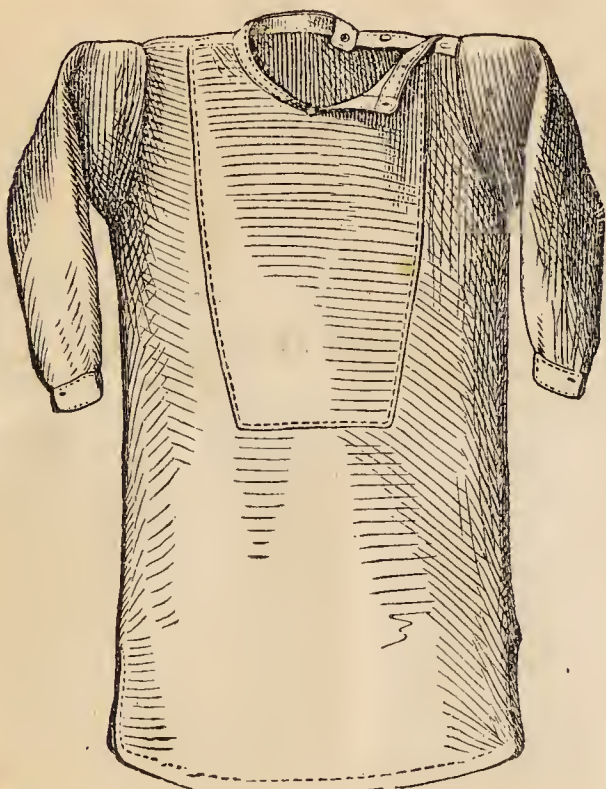
UNDYED NATURAL KNITTING WOOL.
SOLE MANUFACTURERS.

Made up in parcels of $\frac{1}{4}$ lb. ; each parcel has the above label attached as a guarantee of its genuineness.

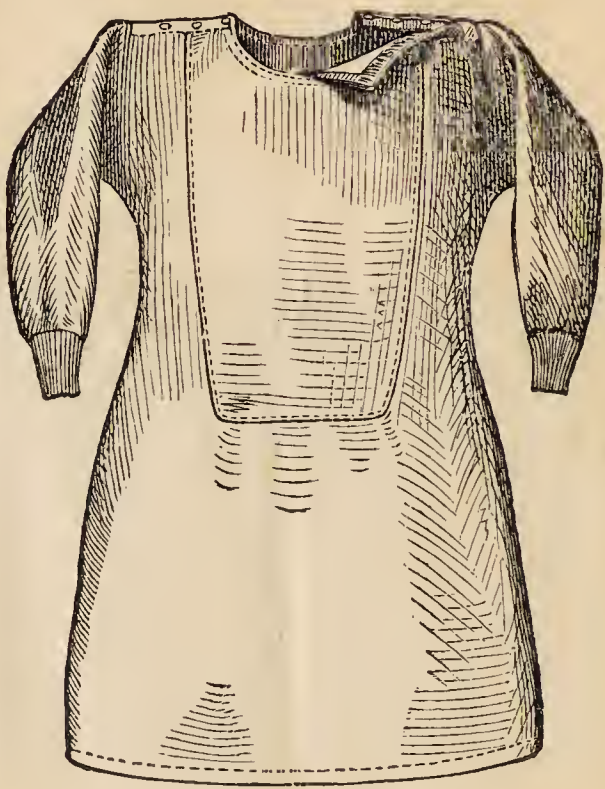
For Great Britain and the British Possessions.

JAEGER'S SANITARY STOCKINGNETTE SHIRTS,
PATENTED.
BENGER'S MAKE.
FOR MEN, WOMEN, AND CHILDREN.
GUARANTEED OF PURE SHEEP'S WOOL.

The great Sanitary advantages and comfort derived from this soft and durable under-clothing are fully described on page 4, to which reference is requested to be made



Sanitary Shirt.



Sanitary Chemise.

Jaeger's Sanitary Woollen Shirts are not required to fit closely to the body, but must do so in a greater degree than linen shirts. Measurements or patterns taken from linen shirts will therefore not suffice, and attention is requested to the directions for measurement.

JAEGER'S SANITARY



WOOLLEN SYSTEM.

TRADE

MARK.

PRICES.					CHILDREN'S. *			
					Extra Large.	Large.	Medium.	Smaller.
					0	1	2	3
Winter Quality	B	10/6	9/-	7/9	7/3	6/9
Summer	„	...	K	11/9	10/6	9/-	8/6	7/-
Extra	„	...	KK	13/6	11/9	10/6	10/-	8/6

Ladies' Chemises 6d. more.
* Smaller sizes can be quoted if desired, down to 4/0 each B & K.

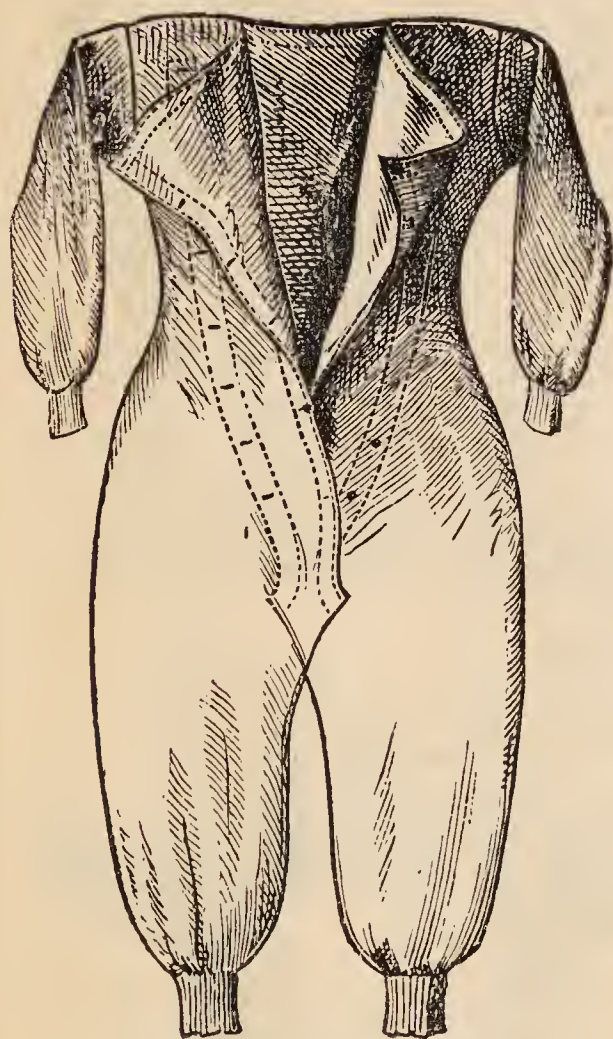
Sole Concessionaries

JAEGER'S SANITARY STOCKINGNETTE COMBINATIONS

PATENTED.

BENGER'S MAKE.

Guaranteed pure Sheep's Wool,
FOR
MEN, WOMEN, AND CHILDREN.



Sanitary Combination.

PRICES.

Sizes	1.	2.	3.	4.	5.
Winter Quality B	15/9	14/6	13/3	11/9	11/3
Summer „ K	17/3	15/9	14/6	13/3	12/6
Extra „ KK	20/-	18/6	17/3	15/9	15/3

The Combination Under-Garments will be found particularly convenient for Ladies, and have been widely recognised as agreeable and practical to wear.

Recommended in the *Medical Record*, 15th Aug., 1881.
 „ „ *Medical Times*, 30th July, 1881.
 „ „ „ „ 15th Sept., 1881.
 „ „ *Draper*, 1st July, 1881.

JAEGER'S SANITARY STOCKINGNETTE COMBINATIONS

FOR BATHING

REGISTERED.

With short sleeves and legs, fitting close, with girdle.

For Great Britain and the British Possessions.

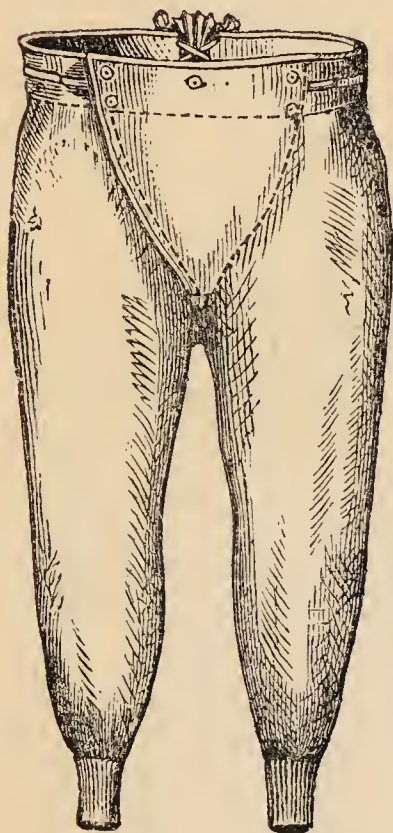
JAEGER'S SANITARY WOOLLEN STOCKINGNETTE PANTS

PATENTED.

BENGER'S MAKE,

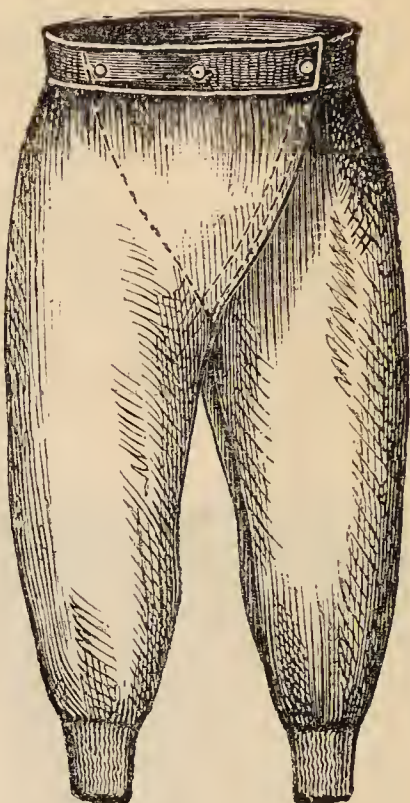
Guaranteed Pure Sheep's Wool,

For MEN, WOMEN and CHILDREN.



These are made of the finest material, afford an agreeable warmth, and are a protection against, and remedy for, disorders of the Stomach, supplying the place of an abdominal bandage.

They are therefore highly approved by the Medical Profession, and can be strongly recommended as a Sanitary form of underclothing.



PRICES.						7	6	5	4
Winter Quality	A	9/6	9/-	8/6	8/-
Summer	K	9/-	8/6	8/-	7/6
Extra	KK	10/6	10/-	9/6	9/-

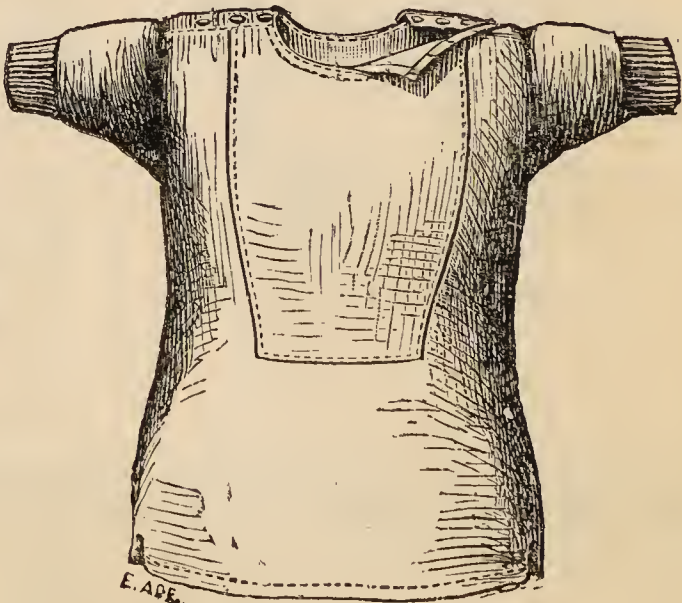
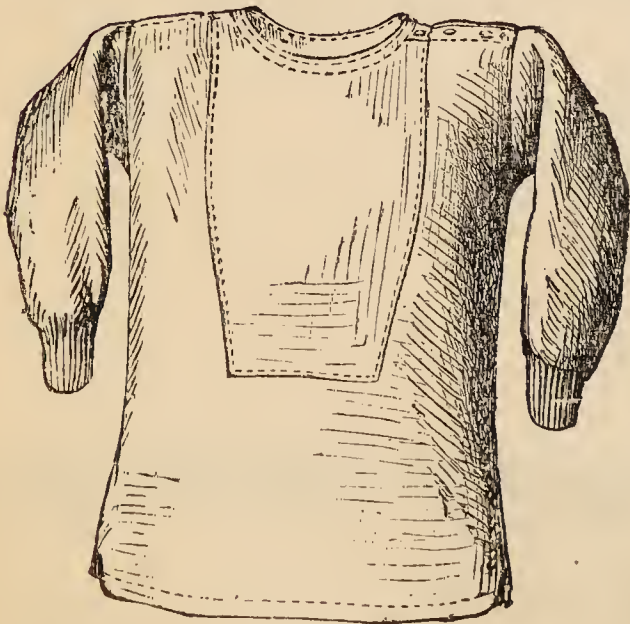
SANITARY WOOLLEN STOCKINGNETTE UNDER-VESTS

PATENTED.

BENGER'S MAKE,

GUARANTEED PURE SHEEP'S WOOL.

FOR MEN, WOMEN AND CHILDREN.



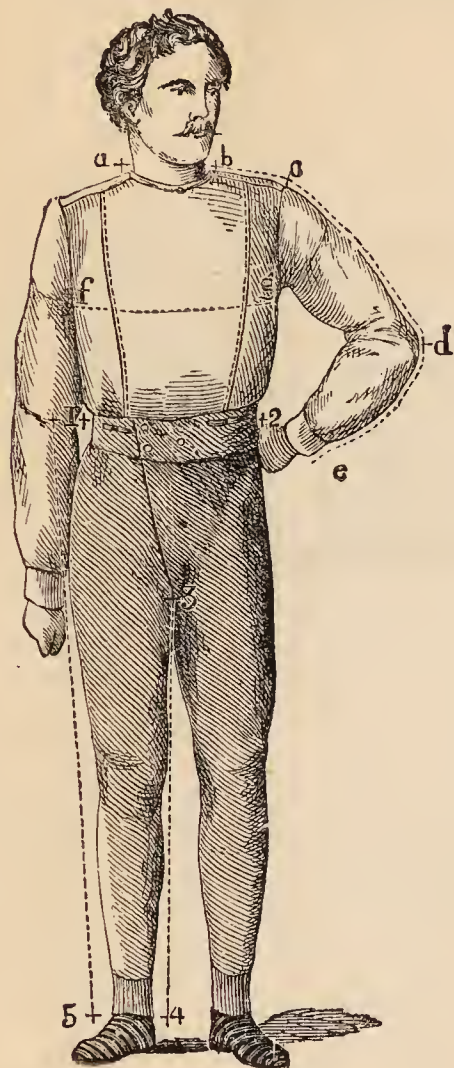
PRICES.					7	6	5	4	3
Winter Quality	B	8/-	7/6	7/-	6/6	6/-
Summer	K	8/-	7/6	7/-	6/6	6/-
Extra	KK	9/-	8/6	8/-	7/6	7/-

Short Sleeves 6d. less; the measurement round the chest is sufficient indication of size.

Sole Concessionaries

DIRECTIONS FOR MEASUREMENTS.

Measurements should be taken from the undraped figure. In the case of Children, the age should be given.



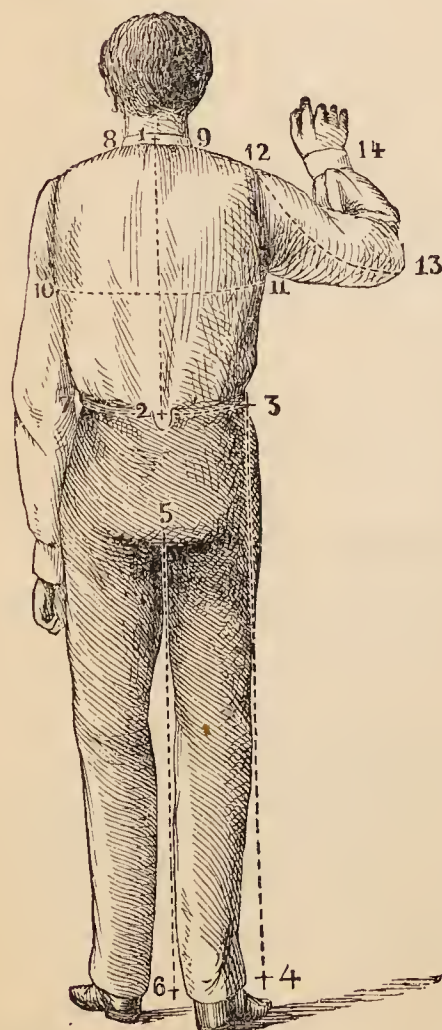
SHIRTS AND CHEMISES.

1. Circumference of Chest:—From *f* and *g*, round chest and back.
2. Width at Neck:—From *a* and *b*, round neck.
3. Length at Shoulder:—From *b* to *c*.
4. Length of Sleeve:—From shoulder, along elbow, to wrist; from *c*, along *d*, to *e*.

PANTS.

1. Size of Waist:—From 1 to 2, round body.
2. Length of Leg:—On the inner side of leg, from 3 to 4, to ankle.
3. Length from Waist:—From 1 to 5.

COMBINATION UNDER-GARMENTS.

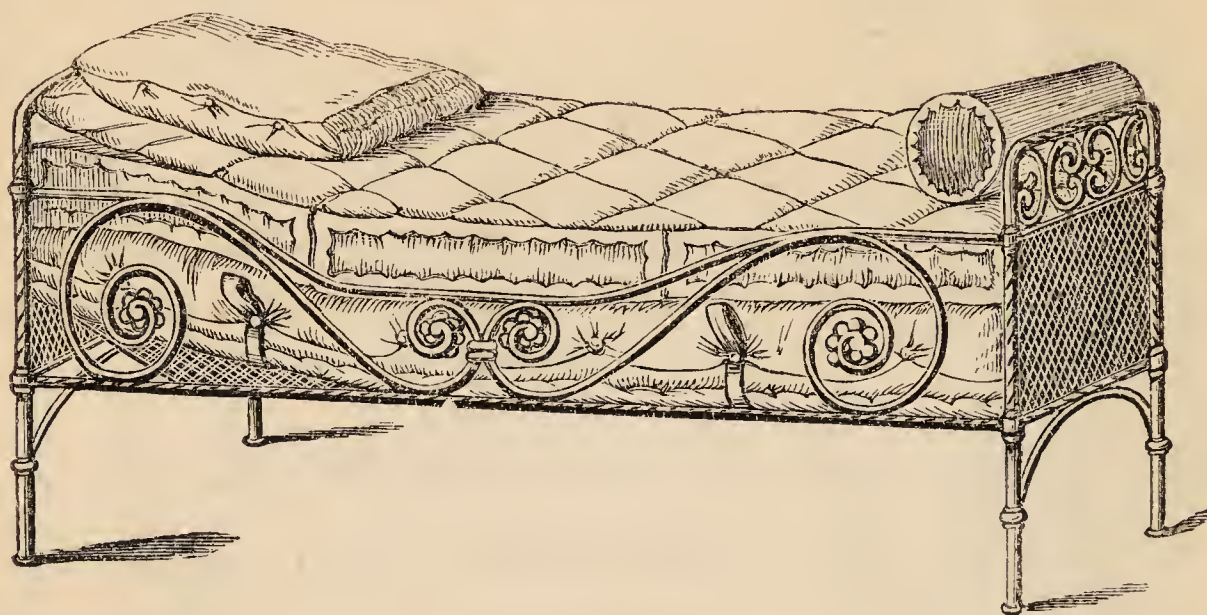


1. Entire Length:—From the neck, along back, to ankle; from 1 to 6.
2. Length of Back: From 1 to 2.
3. Length:—From waist to ankle; from 3 to 4.
4. Length of Leg:—From 5 to 6.
5. Size of Waist:—From 7 to 3, round body.
6. Circumference of Chest:—From 10 to 11, round chest and back.
7. Width at Neck:—From 8, 9, round neck.
8. Length at Shoulder:—From 9 to 12.
9. Length of Sleeve:—From 12, along 13, to 14.

All Measurements which accompany orders are carefully noted, for future reference, and it will only be necessary to name the date of previous order, and, if possible, the number of last invoice.

JAEGER'S SANITARY WOOLLEN BEDDING.

THE Mattresses and Pillows are stuffed with pure natural brown Wool and are covered with pure natural brown woollen Felt. The Sheets, etc., are made of very fine, durable, double Cashmere, which will not shrink in the washing.



Jaeger's Sanitary Woollen Mattress (in three sections—a most convenient arrangement).

„	„	„	substitute for Spring Mattress.	
„	„	„	Pillow.	
„	„	„	Bolster.	
„	„	„	Foot Warmer.	
„	„	„	Cashmere Sheets.	
„	„	„	Pillow Case.	
„	„	„	Bolster „	
„	„	„	Foot Warmer Case.	
„	„	„	Sleeping "Sack."	
„	„	„	Sleeping Wrapper.	Coloured.
„	„	„	„ „	White.
„	„	„	Bedroom Slippers.	„
„	„	„	„ „	Red.

A special Soap is manufactured for washing these materials, and instructions are furnished for its use.

JAEGER'S SANITARY WOOLLEN SLEEPING "SACK."

A complete substitute, on a journey, for a bed. No. 1, 39 in. wide, 6 ft. long. No. 2, 31 in. wide, 6 ft. long.

JAEGER'S SANITARY WOOLLEN SLEEPING WRAPPER.

This envelops the entire figure, and is an excellent protection against damp beds. It is also most useful when extra warmth is required, or as a dressing or bath wrapper.

(See article, "THE SANITARY WOOLLEN BED," *Selections from Dr. G. Jaeger's Essays.*)

Sole Concessionaries

TAILORING DEPARTMENT.

JAEGER'S SANITARY COATS AND TROUSERS.

THE material should consist throughout of pure wool sanitarily dyed or of the natural colour, and should offer as little impediment as possible to the passage of the exhalations of the skin.

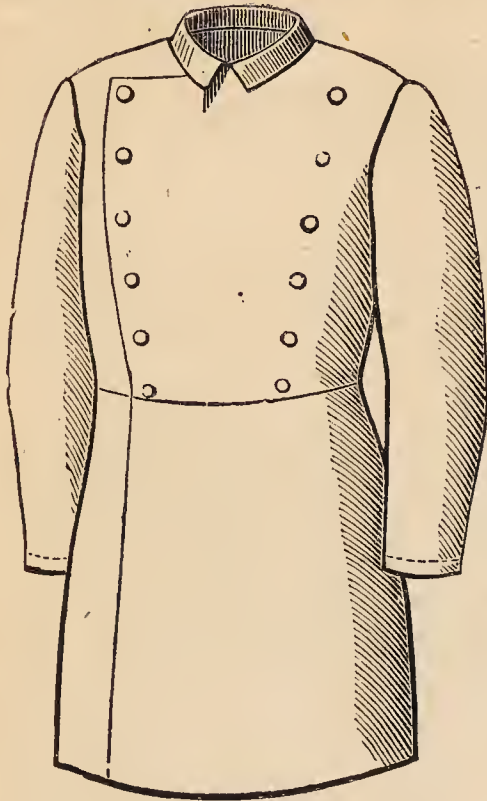
It should, therefore, be not unnecessarily thick. The web should be porous and pervious to the light; and very closely woven textures should be avoided, the best being the so-called "Stockingnette" or "Tricot." As exhaled vapours move similarly to rays of light—*i.e.*, in a straight direction, they are impeded by accumulation of web over web, the pores of the upper surface obstructing those beneath. The ordinary waistcoat between coat and shirt, and padding in the coat should therefore be dispensed with. Overcoats should not be worn, except in very extreme cold, such as is seldom experienced in this country. If the material be of the proper thickness, the same clothing may be worn summer and winter; if any difference be made, it should consist of lighter or heavier shirts and trousers.

The clothing should fit so closely that the air between it and the body cannot move in an ascending direction, producing a draught of cold air from underneath. This is best attained by the employment of as elastic a web as possible—"the Stockingnette"—both for over and under-clothing. The coat should button compactly to the figure, and be well closed at the throat, so as to maintain uniform warmth over the whole body. By additional warmth along the middle line of the trunk, to which the blood-vessels converge, these are expanded, and the skin exhales more freely and rapidly. This is attained by a double thickness of material, both in shirt and coat, from the throat to the abdomen; the sleeves of the coat should be lined with woollen material, and these as well as the trouser-legs should be closed against upward draughts of air by webbings sewn in them, fitting round the arms and legs, and maintaining an equable temperature.

As ordinary clothing by no means complies with these conditions, special constructions have been devised and patented, avoiding, as far as possible, unusual appearance or departure from the general fashion.

(See article, "THE SANITARY COAT," *Selections from Dr. G. Jaeger's Essays.*)

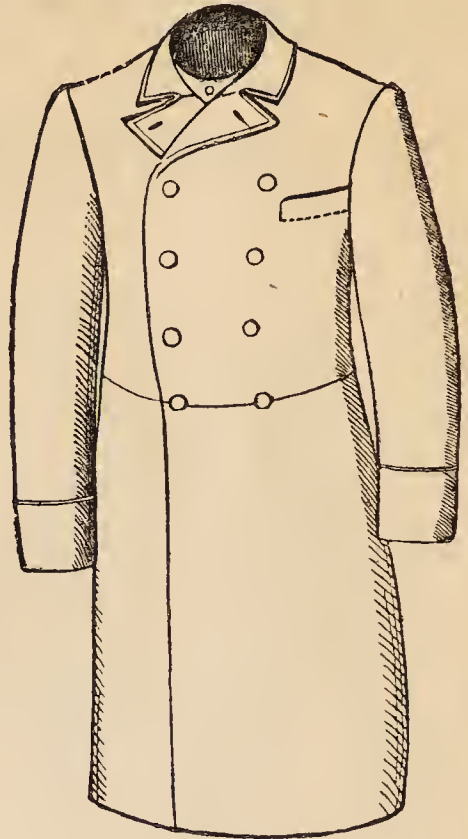
For Great Britain and the British Possessions.

TAILORING DEPARTMENT—*continued.*

Sanitary Coat, military shape.

Especial precautions are taken to ensure that the whole of the materials and linings are of absolutely pure wool, on the principles laid down by Dr. G. Jaeger.

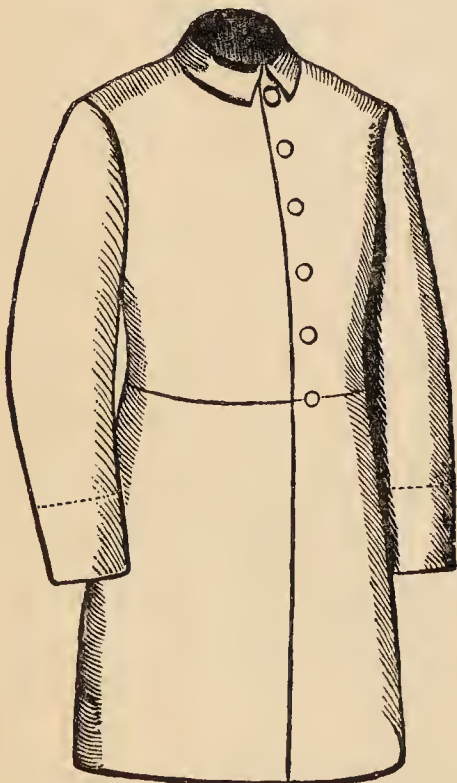
Samples of these goods will be forwarded with pleasure.

Double-breasted
Sanitary Frock-Coat.

Instructions for self-measurement are given on page 25.

The Military-shaped Sanitary Coat, buttoning closely up to the chin, with short standing collar, is recommended by Dr. G. Jaeger as most completely fulfilling all sanitary conditions, and is only lined in the sleeves. The tails of the lower part of the coat are formed by two lateral divisions in place of the ordinary single division at back.

The Patent Double-breasted Sanitary Frock-Coat has been specially constructed to avoid as far as possible departure from the accepted fashion, while complying with the conditions of Dr. Jaeger's Sanitary Woollen System.

Single-breasted
Sanitary Frock-Coat.

The important sanitary principle, laid down by Dr. G. Jaeger, of extra warmth along the middle line of the body, is secured in the Single-breasted Frock-Coat, the Shooting-Coat, and the Lawn Tennis Jacket, by a cloth lappet fastened down the right interior of the front, and buttoned on the left.

*Models of these garments may be inspected at the
Company's Depot.*

SANITARY SHOOTING COATS.

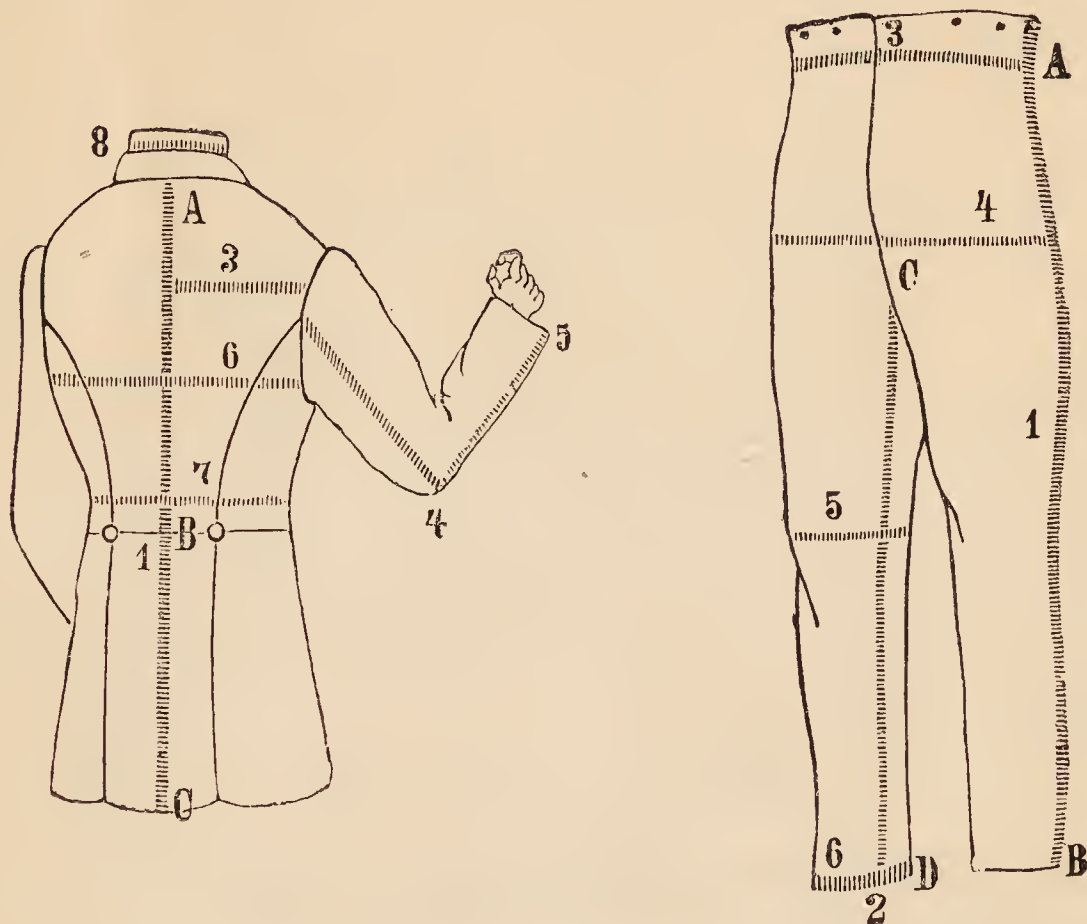
SANITARY LAWN TENNIS JACKETS.

Sole Concessionaries

DIRECTIONS FOR MEASUREMENT

FOR

MEN'S & BOYS' OUTER-CLOTHING.



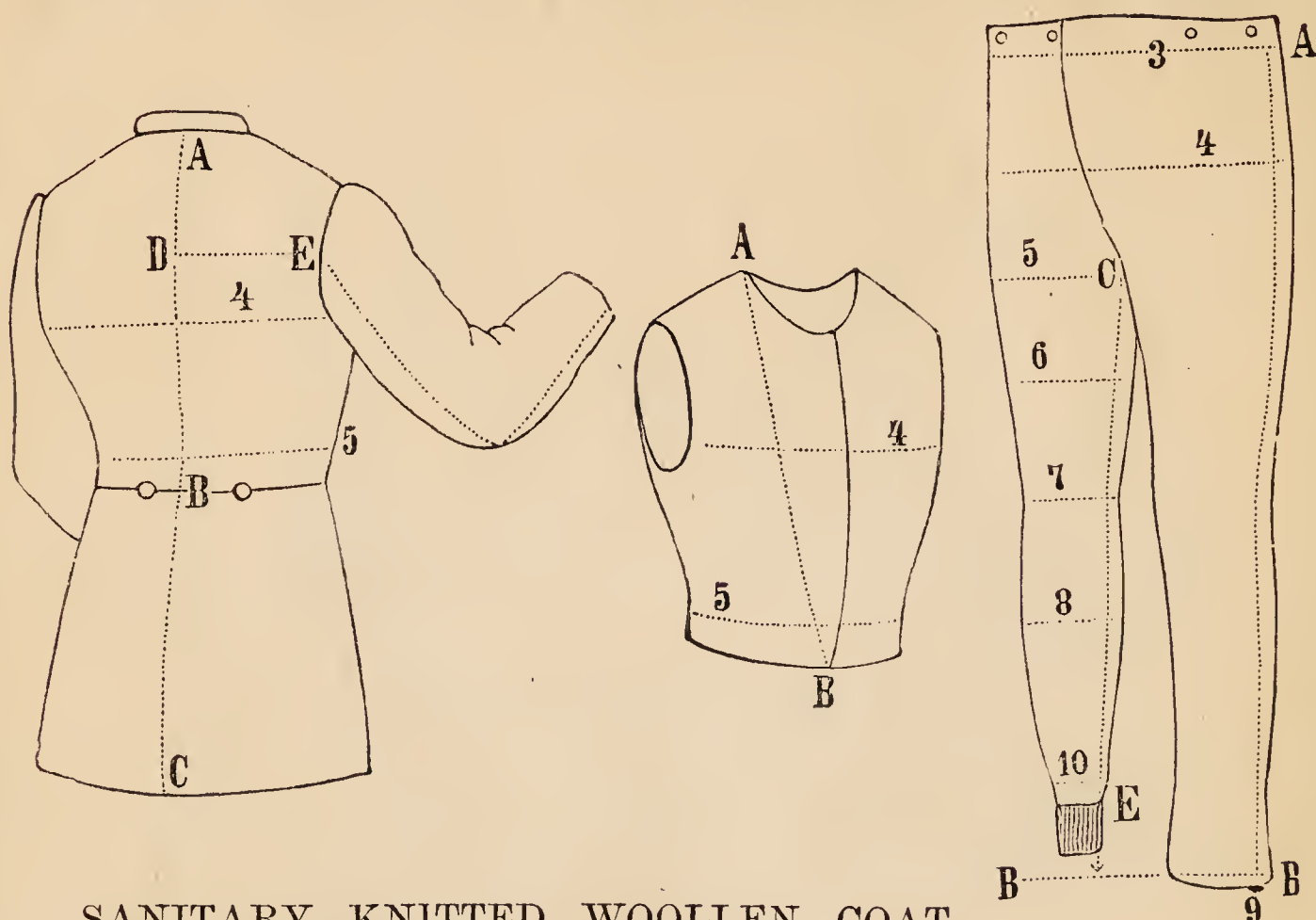
COAT.

1. From middle of neck **A** to buttons at waist **B**.
2. Length **A** to **C**.
3. Half width of back.
4. Length of upper part of arm, down to elbow.
5. Length from elbow to middle of hand.
6. Round upper part of body, under the arms.
7. Round waist.
8. Round neck.

TROUSERS.

1. From seam of waistband (excluding waistband) down to **B**.
2. Length from fork at **C** to **D**.
3. Round waistband, measured over the trousers.
4. Greatest width across seat.
5. Width at knee, according to wish.
6. Width at foot according to wish.

DIRECTIONS FOR MEASUREMENTS
FOR THE
SANITARY KNITTED WOOLLEN OUTER-CLOTHING
FOR MEN AND BOYS.



SANITARY KNITTED WOOLLEN COAT.

1. Length of Coat from the centre of neck A to the bottom at waist B, and down to C.
2. Half width of back D to E.
3. Length of sleeve, from E to the elbow, and thence to the middle of the hand.
4. Round upper part of body, beneath the coat, close up under the arms.
5. Round waistband of trousers.
6. Size of shirt collar : state whether coat collar to be upright or lay-down.

VEST.

1. Length of Vest, from A to B.
2. The measurements 4, 5, 6, as above.
3. If sleeves are required, state length.

TROUSERS.

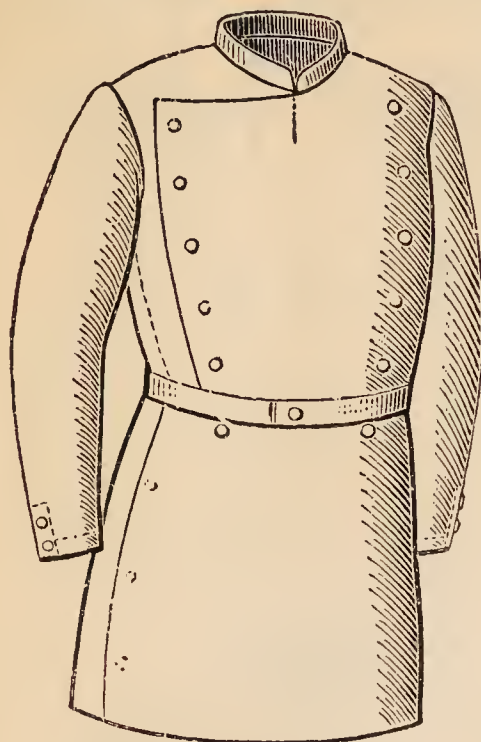
1. Length from hips, from waistband seam (excluding waistband) A to B, or to E, when trousers close at ankle.
2. Length from fork at C to B, or E.
3. Round waist band, measured over trousers.
4. Greatest width across seat.
5. Round thigh, close up to the fork, measured horizontally.
6. Round middle of thigh.
7. Round knee.
8. Round calf.
9. Width at foot, according to wish.
10. Round upper part of ankle, when trousers are to be closed at E.

The trouser measurements should be taken *closely*, even when half width is desired.

Sole Concessionaries

JAEGER'S SANITARY KNITTED WOOLLEN COATS,

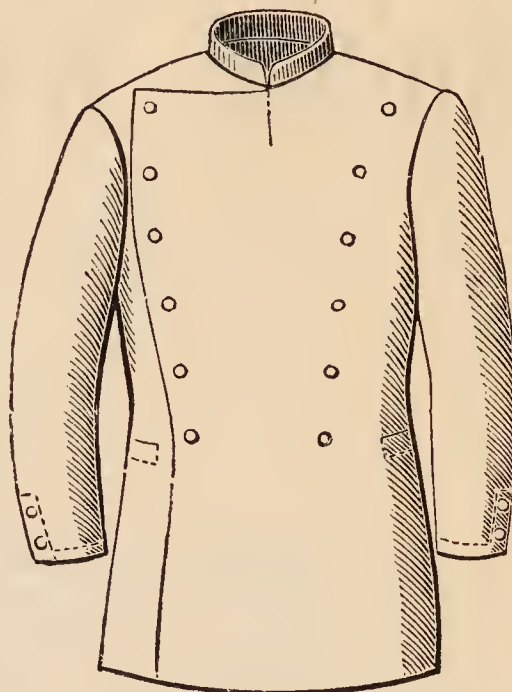
KNITTED into shape on the machine, *i.e.*, not cut out of cloth. This, combined with the firm smooth nature of the knitted material, causes the coats to be very durable, and



SANITARY COAT
with tail divisions at side.
Patented.

to retain their shape. The yarn is pure woollen, of the best quality. The brown shades are natural, *i.e.*, without artificial dye. The indigo blue is free from aniline admixture.

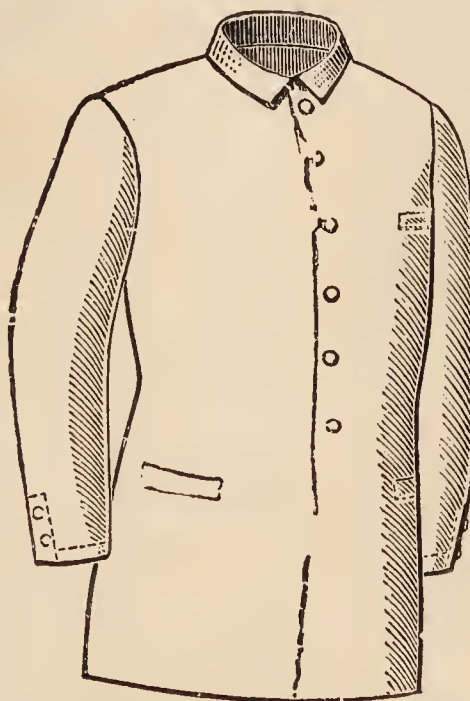
The coats are not lined, and on account of their porousness, and their fitting so closely to the figure, are pronounced by Dr. G. Jaeger to be **SANITARILY PERFECT.**



DOUBLE-BREASTED JACKET
with upright collar.

Highly recommended for use indoors, or when touring, bicycling, or shooting. The Coat is made in three shapes.

1. *The Sanitary Coat*
with tail divisions at sides.
2. *The Double-breasted Jacket*
with upright collar.
3. *The Single-breasted Jacket*
with laydown collar.



SINGLE-BREASTED JACKET
with laydown collar.

is knitted to fit tightly to the shape of the leg, closing below by a patented method, or, if preferred, falling in bell-form over the boot. With the tight-fitting trousers this can be effected by the use of a separate form of gaiter. The Trousers can also be made a wider shape, and are then fitted with webbings to exclude the upward draught of air.

The most Sanitary form of Trousers is that which

SANITARY KNITTED WOOLLEN VEST

Is worn under the coat as a substitute for an overcoat when extra warmth is required. Is useful for travelling, shooting, &c., and retains its shape in the same manner as the outer-clothing.

It is made from natural brown wool, and is less thick and heavy than the ordinary knitted vests, and of improved shape. The vest can be made with or without sleeves, as may be desired.

For Great Britain and the British Possessions.

JAEGER'S SANITARY Knitted Woollen Boys' Suits.

FOR ANY AGE BETWEEN 3 AND 14 YEARS.

IN SEVEN SIZES.



THE natural brown or indigo-dyed wool, the excellent and regular knitting, and the closely fitting shape are guarantees for the sanitary perfection of this outer-clothing for boys. The suits are tasteful, cheap, and very durable. The Jacket fastens on either shoulder, and when put on or taken off is easily drawn over the head.

Sole Concessionaries

JAEGER'S

Sanitary Woollen Knitted Sleeping Garments.

PATENTED.



In commencing to sleep with the window open, as required by the Sanitary Woollen System, these garments will be found very comfortable, as also during the cold season, or when the necessity is felt of extra protection to the shoulders, or to the head, in cases of thin hair or baldness.

1. Sanitary Woollen Hood, only covering the head and throat.

2. Sanitary Woollen Night Jacket, with hood.

3. SANITARY WOOLLEN SLEEPING PANTS.

These terminate in stocking form, so as to envelop the feet; they are knitted sufficiently wide not to stretch at any part, without, however, making folds, and in no way impede the moving about out of bed.

Nos. 2 & 3 constitute, in two parts,

A COMPLETE SLEEPING COSTUME,

which will be found most serviceable in travelling, as it occupies little room, and in summer dispenses with the need of anything further than a light covering over the feet. This Sleeping Costume is especially suitable for Alpine and other Tourists, who may have to put up with scanty sleeping accommodation. Its division into two parts makes it very convenient in packing.



SANITARY WOOLLEN CURTAINS,

With Folds, or Smooth.

Cotton curtains absorb the mal-odorous matters in the atmosphere of a room, and evaporate them again on occasion of a change in the temperature: cotton curtains also lose their whiteness very quickly, and easily catch fire. These objections do not apply to the Sanitary Woollen Curtains, which throw more elegant folds than the cotton curtains, and are exceedingly durable; their creamy white colour is suitable to every shade of room decoration.

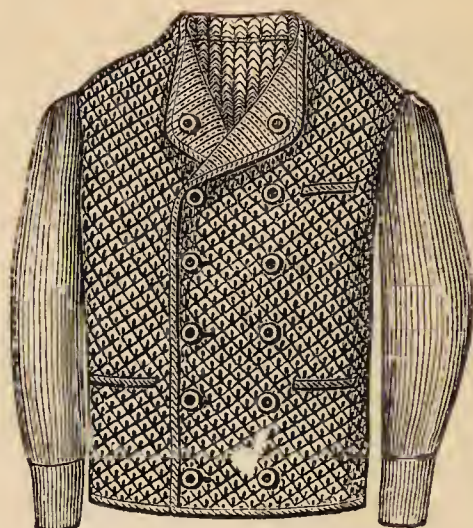
Hand and Bath Towels. Rubbing Gloves. Washing Cloths.

SANITARY WOOLLEN PETTICOATS AND APRONS

For WOMEN and CHILDREN.

For Great Britain and the British Possessions.

SANITARY WOOLLEN VESTS OR CARDIGANS,
UNDYED OR SANITARILY DYED.
GUARANTEED PURE SHEEP'S WOOL.



To be worn under the Sanitary Coat if additional warmth be required, as a substitute for an overcoat. Useful for Shooting or Traveling. Very light and warm. Made in various sizes. Measurements should be given round chest (under the armpits) and round stomach.

Prices from 20s. to 12s.

Jaeger's Sanitary Woollen Tyrolese Belts.

Especially recommended by Dr. G. Jaeger for correcting the common tendency of men to breathe only with the lower portions of the lungs. The consequent disuse of the upper portions of the lungs leads to the wasting of the tips, causing asthma, and painful breathing if the body be violently exerted. The practice of wearing such belts obtains among the Tyrolese, and other inhabitants of mountainous districts, not merely for purpose of ornament, but to facilitate the strenuous exertion of the lungs. See "Girded Loins," *Selections from Dr. G. Jaeger's Essays*.

Corpulent persons will find these belts an exceedingly comfortable support.

Size—Six inches broad in front, narrowing towards the hips.

Price 6s. each.

SANITARY WOOLLEN BRACES.

Wearers of the Sanitary Woollen Clothing find braces of elastic webbing, or of any other substance than pure animal wool, exceedingly oppressive and uncomfortable.

Prices 3s., 3s. 6d., and 4s. 6d. per pair.

JAEGER'S SANITARY WOOLLEN TRUSSES.

Sole Concessionaries

JAEGER'S

Sanitary Woollen Cravats, Collars, Cuffs, Shirt Fronts, Frilling.

FOR MEN AND WOMEN.

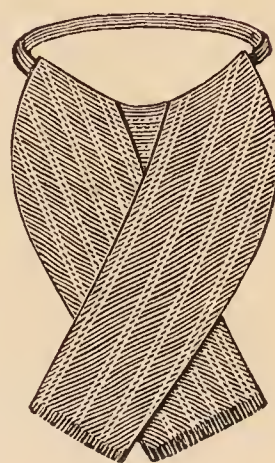
Made throughout of pure Sheep's Wool.



Small size
Cravat Protector,
to fasten round neck.

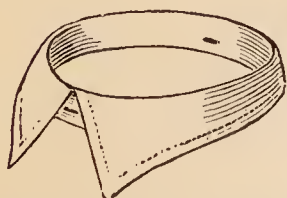


Bow Cravat,
to fasten round neck.

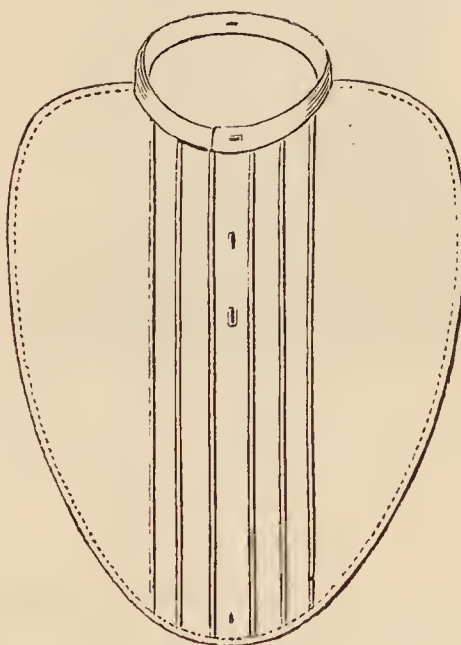


Medium size
Cravat Protector,
to fasten round neck.

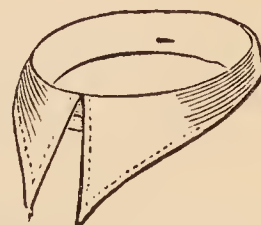
When the Coat is not fastened entirely up to the neck, these Sanitary Woollen Cravats complete the necessary protection to the chest.



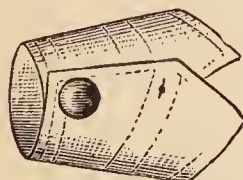
Laydown Collar
with or without stiffener.



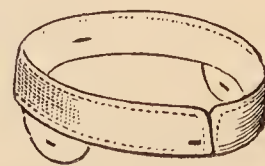
Shirt Front.



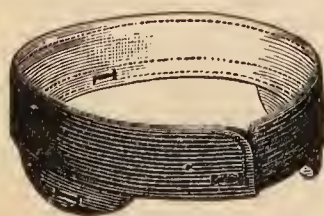
Laydown Collar
with curved ends.



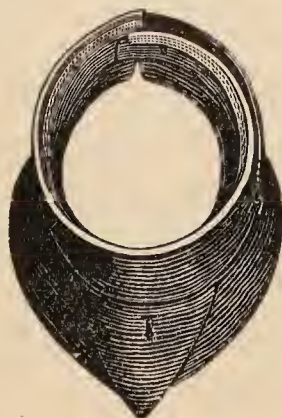
Cuff.



Upright Collar.



Military Collar



Ladies' Frilling.
Ladies' Ruching.
Woollen Lace.

JAEGER'S Sanitary Woollen Ladies' Outer-clothing.



Dr. G. Jaeger's Sanitary Woollen Dress.
Double-breasted Stockingnette Body.

THE material, colour and form of these dresses fulfil all the requirements of Dr. Jaeger's Sanitary Woollen System. The Body fits tightly to the figure, and the dress is stylishly trimmed.

The double-breasted tight-fitting Body may be had of elastic porous woollen stockingnette, matching in colour the woollen material of the dress, or of the same material as the dress. Only the sleeves of stockingnette bodies are lined with stockingnette material; if the bodies are of the same stuff as the dress, they are lined throughout with woollen material. The sleeves should fit as closely as possible round the wrists, according to Dr. Jaeger's directions.

The materials and linings of the dresses are woollen throughout.

Sole Concessionaries

J A E G E R ' S

Sanitary Woollen Ladies' Outer-clothing.



Dr. G. Jaeger's Sanitary Woollen Dress, made of
Pure Sheep's Wool.

IN ordering by measure, a good fit can be guaranteed if the necessary measurements are furnished according to directions, or a still better plan is to send a well-fitting garment as a model.

The woollen stuffs, which are microscopically tested for adulteration with vegetable fibre, can be supplied by the yard, and samples can be inspected.

Each garment (Jacket, Mantle, &c.), which must be made in strict conformity with Dr. G. Jaeger's directions, bears the registered Trade Mark.

Jackets, Mantles, &c., of fine stockingnette stuffs are made in various sizes and shades, and are closed in double-breasted form, according to Dr. Jaeger's Sanitary Woollen System.

For Great Britain and the British Possessions.

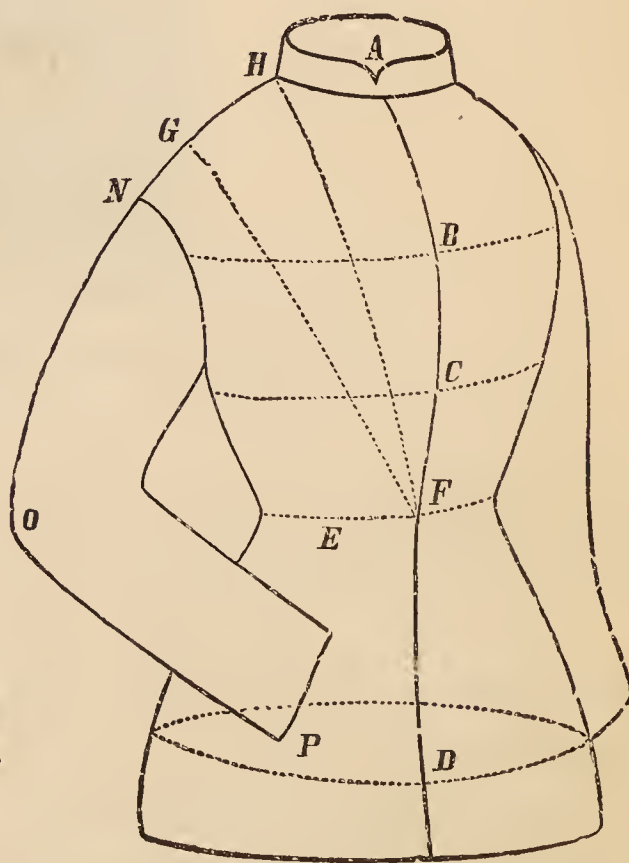
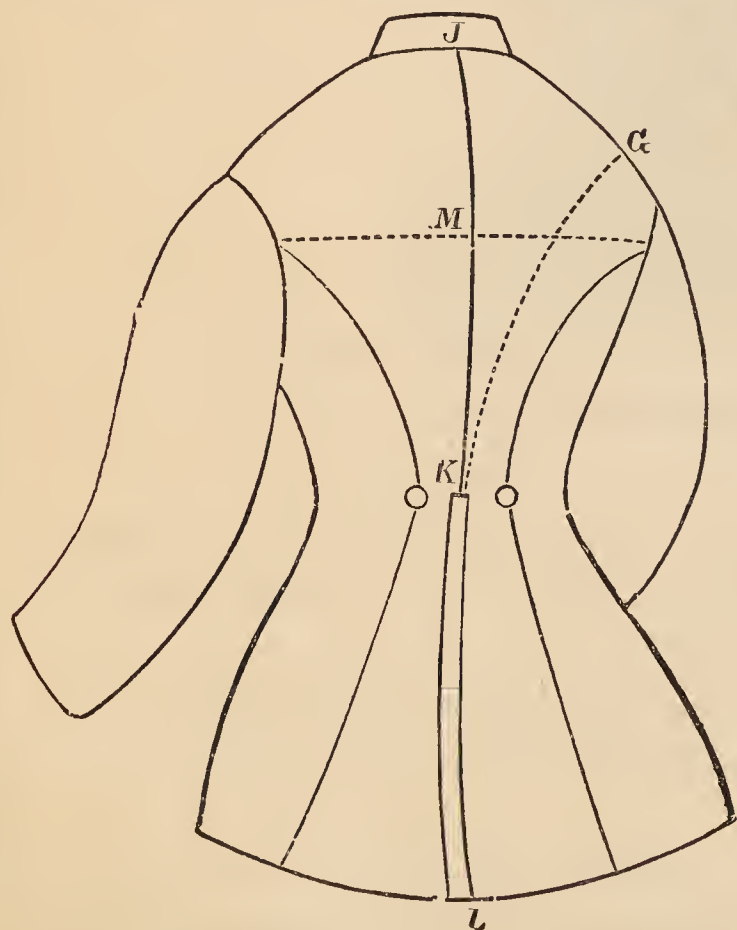


JAEGER'S
Sanitary Woollen
JACKET-BODIES.

Indigo Blue and
Black, Light and Dark
Natural Brown.

IN THREE SIZES.

DIRECTIONS FOR MEASUREMENTS
FOR
Ladies' Sanitary Woollen Outer-clothing.



A. Round Neck. B. Across Chest. C. Round back and Chest. D. Round Hips.
E. Round Waist. J-H-F. Length from centre of back of Neck to Waist in front.
K-G-F. From Waist at back over Shoulder, to Waist in front. J-K. Length of Back.
J-L. Entire Length. H-N-O-P. From Shoulder, along Elbow to Wrist.

N.B.—To prevent confusion, the Letters should be copied in the same sequence as shown in above drawings.

Measurements should be taken from the figure, and not from any article of clothing.

Sole Concessionaries

JAEGER'S SANITARY WOOLLEN SPRING CORSETS

(PATENTED)

FLEXIBLE, ELASTIC, DURABLE.

THE tendency of the whalebone in corsets to break has led to the use of steels, which, however, from the resistance afforded by their rigidity to the movements of the body, soon force their way through the material, spoiling the corset.

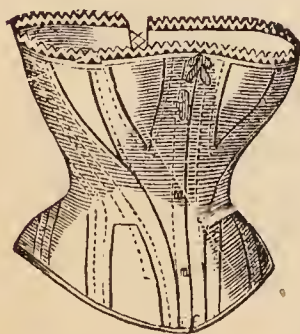
The patent watch-spring steels meet this difficulty by their great flexibility, responding to every movement of the body. They are made of the finest English steel, bent to the shape of the body. Precautions are taken to prevent the steels from rusting, and from cutting in a lateral direction. They are held in their place by buttons at the upper end, and can only move upwards or downwards. In bending the body, the flexibility of the springs is qualified by their pressure against the lower edge of the corset, and the resulting upward rebound.

A great advantage in cleaning these corsets is that the wearer can detach and draw out the springs, replacing them afterwards with perfect ease.

The corsets may be tightly laced without injury to the body, as the springs lie flat, and yield to every pressure.

The pure woollen material, without admixture of vegetable fibre complies with the requirements of the Sanitary Woollen System, and obviates the objections which are frequently urged against the use of corsets. See "The Corset," — *Selections from Dr. Jaeger's Essays*.

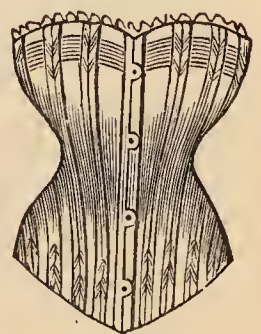
1. In closely woven Woollen material.
2. In Stockingnette.



No. 2 will be found especially agreeable in summer.

Lined or unlined. Natural colours, or sanitarily dyed.

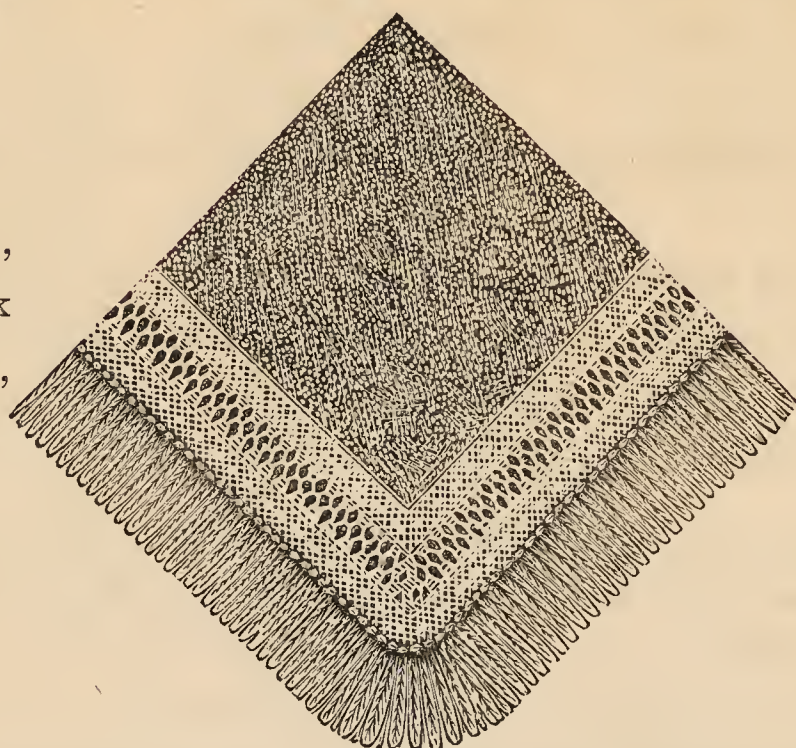
N.B.—In ordering, the exact measurement round waist of the corset in use should be stated, as also whether gusset or plain sewn is preferred.



For Great Britain and the British Possessions.

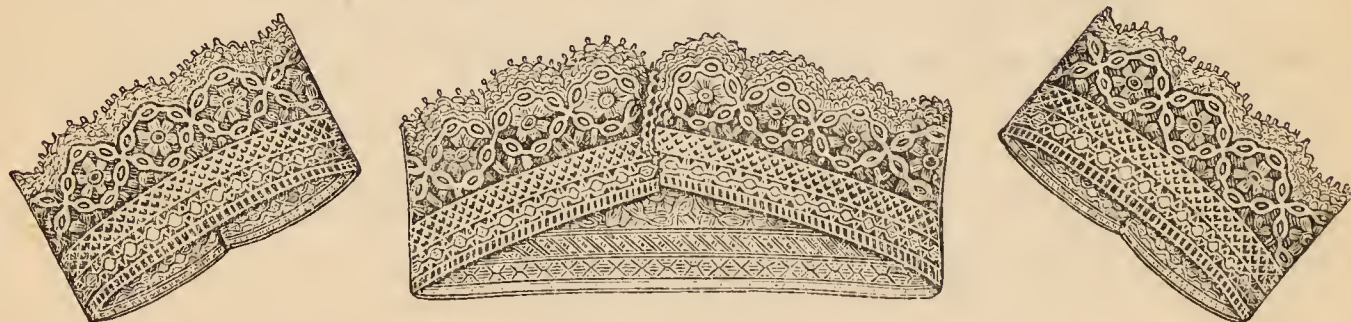
JAEGER'S SANITARY WOOLLEN CLOUD-SHAWLS.

In
Natural White,
Light and Dark
Natural Brown,
Indigo Black
and
Indigo Blue.



Size,
including
Fringe,
about
5 ft. square.
Price,
13/9 each.

JAEGER'S SANITARY WOOLLEN LACE TRIMMING.



In Natural White.

JAEGER'S SANITARY WOOLLEN COLLARS AND CUFFS.

JAEGER'S SANITARY LADIES' HATS.

In Light and Dark Natural Brown, Indigo
Blue and Black, Brown, &c.

Price	Untrimmed, 8s. 6d.
"	Trimmed, from 22s. upwards.

Sole Concessionaries

JAEGER'S SANITARY HATS.

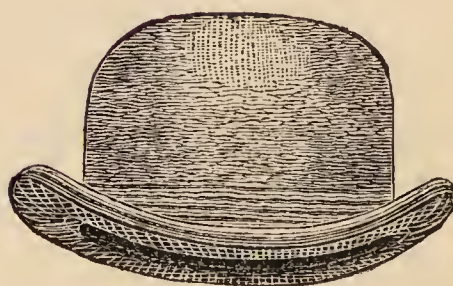
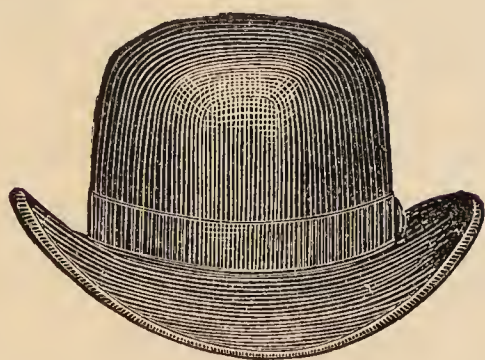
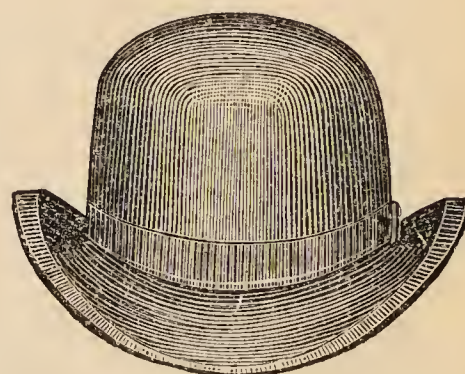
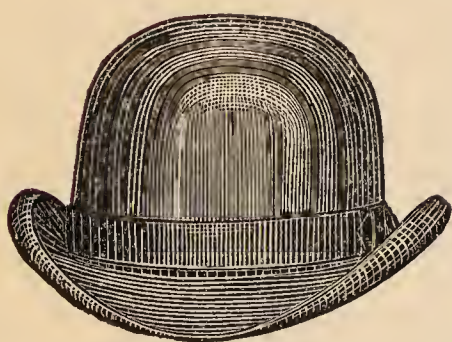
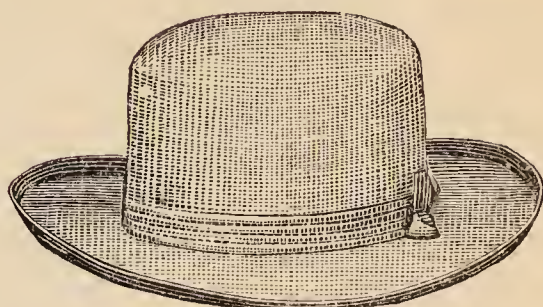
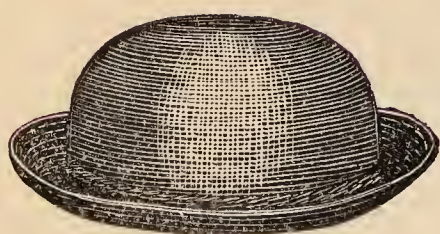
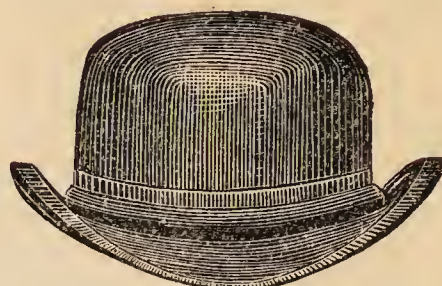
THESE Hats undergo special treatment in manufacture, as compared with ordinary Felt Hats, whereby their sanitary value is increased.

The dark-coloured dyed hats are without linings, and the usual strip of leather at the point where the hat fits round the head is replaced by a strip of Woollen Felt, specially manufactured for the purpose. The difference in point of comfort, especially when the forehead is perspiring, is very great. The most hygienically perfect hat is soft, of the natural brown colour and without dressing, dye, lining, or other sophistication.

Sanitary Woollen Felt Hat Linings can be supplied, to replace those of leather, a change which will be found to greatly diminish the discomfort of hard hats, especially when the forehead perspires.

Specimens of Ladies' Hats can be seen at the Depot.

For Great Britain and the British Possessions.

JAEGER'S SANITARY HATS—*continued.*

JAEGER'S SANITARY WOOLLEN HAT LININGS

Can be readily substituted in any hat for the ordinary leather lining, and will be found exceedingly comfortable and pleasant to the head, *especially in hot weather.* The leather lining, whether new and sticky, or when saturated with perspiration, is a source of discomfort, headache, and baldness. A trial of the Sanitary Woollen Hat Lining will prove its great superiority.

Sole Concessionaries

JAEGER'S

Sanitary Woollen Socks and Stockings.

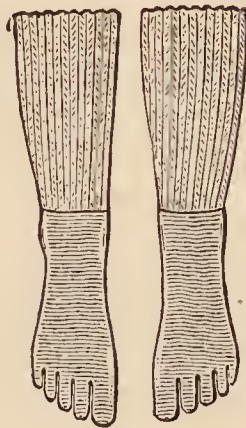
GUARANTEED PURE SHEEP'S WOOL.

THE imperfect construction of the ordinary boot or shoe is not the sole cause of the unsatisfactory condition of the feet; an important share of the responsibility attaches to the equally imperfect construction of the ordinary Sock or Stocking. The accumulation of perspiration, due to the compressing together of the toes, causes an unnatural softening of the skin on the inner surfaces, resulting in sores, soft corns, etc., in spite of every care and attention; and the foot not only becomes crippled in shape, but its actual working powers are diminished.

These troublesome foot complaints are obviated by the form of sock or stocking described and illustrated below. The many trials which have been made have been attended with complete success, as numerous medical testimonials witness, and this form of construction can be most strongly recommended as practical and beneficial.

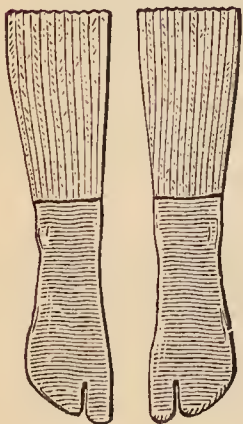
Jaeger's Sanitary Woollen Socks or Stockings with Divisions for the Five Toes

are especially recommended to those who take much walking exercise, and whose feet perspire freely. The woollen material surrounding each toe enables the perspiration to pass away, leaving the inside skin of the toes dry, and soon res-



toring it to a condition as normal and free from offence as that of the skin between the fingers of the hand. The crippled state of the toes is also much benefited and improved by the use of these Socks or Stockings.

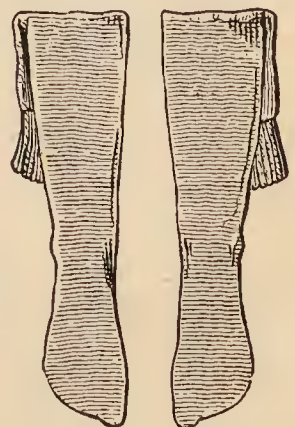
Jaeger's Sanitary Woollen Socks or Stockings with Division for the Great Toe.



In walking and standing, the great toe is the most important of the five; but its use is greatly diminished when it is pressed on one side together with the other toes, and cannot lie straight nor move with freedom. Persons, therefore, who are unwilling to adopt the best form of Sock or Stocking—that with divisions for the five toes—will do well to adopt this form, with a division for the Great Toe alone.

Jaeger's Sanitary Woollen Socks or Stockings without Divisions for the Toes.

These, like the others, are made in the correct shapes for the right and left foot, and of sufficient width over the toes to prevent their being compressed together. (This construction is especially recommended for children under six years of age.)



JAEGER'S SANITARY WOOLLEN STOCKINGS WITH TOE DIVISIONS

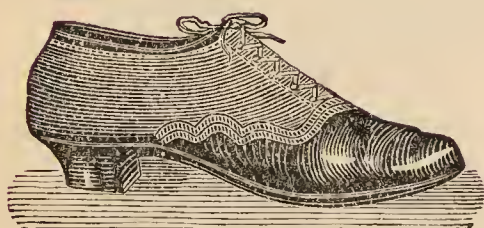
(See article "THE SOCK OR STOCKING" in *Selections from Dr. G. Jaeger's Essays.*)

For Great Britain and the British Possessions.

JAEGER'S SANITARY BOOTS AND SHOES.



Men's Lace Shoe with and without
Leather Equipment.



Ladies' Lace Shoe
with Leather Equipment.



Do. without Leather Equipment.

THE Sanitary Woollen Boots and Shoes are made from pure Woollen materials of various colours, with and without Leather protection. Sanitarily speaking, the latter are most to be recommended, and can be used not only in dry weather, but also, where the soil is not heavy, in wet weather. These Boots and Shoes, devised by Dr. Gustav Jaeger, either completely cure, or greatly improve, complaints of excessive perspiration of the feet, constant coldness, Gout, &c. Weak Feet are hardened by the unimpeded evaporation set up; the joints are strengthened; corns and other troubles from undue pressure are prevented. Jaeger's Sanitary Boots and Shoes are free from the danger to health involved when the ordinary boot becomes wet, the foot remaining dry and warm even when its covering is wetted through (although the moveable inner soles may be changed with advantage). Tourists are particularly recommended to use Jaeger's Sanitary Boots and Shoes, as on lengthy walking excursions the feet remain longer fresh and capable of exertion.

Care should be exercised in cleaning the Sanitary Boots and Shoes. The dirt must be removed with a clean brush, and ordinary blacking can be applied to the margins of the soles, and to the heels. But the outer leather equipment should be treated *exclusively* with a specially prepared blacking or mineral grease, in order to preserve its porosity. This prepared blacking should be lightly rubbed in with a small sponge every 3 or 4 days, and after the leather has been allowed about 10 minutes to dry, a soft brush should be used to it.

(See article "THE SANITARY WOOLLEN BOOT," *Selections from Dr. G. Jaeger's Essays.*)

Sole Concessionaries

JAEGER'S SANITARY BOOTS & SHOES—*continued.*



Men's Cloth Boot with Leather Equipment.



Do. without Leather Equipment.



Ladies' Button Boot.



Men's Cloth Boot with and without Leather Equipment, or wholly of Sanitary Leather.



Ladies' Cloth Boot with Leather Equipment, or wholly of Sanitary Leather.



Ladies' Cloth Boot without Leather Equipment.

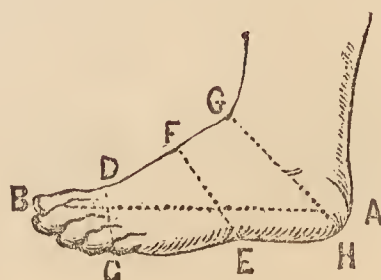
DIRECTIONS FOR MEASUREMENTS OF BOOTS AND SHOES.

A B—Length of Foot measured, from the centre of the heel to the point of the great toe.

C D—Width over the ball of foot.

E F—Height over instep.

G H—From heel to bend of foot.



For Great Britain and the British Possessions.

JAEGER'S SANITARY WOOLLEN GLOVES



Light Quality	...	} Made of pure wool, for men, women and children, in various colours. Military and Dress Gloves in white.
Heavy	„ ...	
Lined	„ ...	

SANITARY ANGORA-WOOLLEN GLOVES

Are exceedingly beneficial when the skin of the hand is sensitive or in any way affected, and are highly recommended for this purpose by hygienic authorities. Wrist mittens are also manufactured of this wool.

SANITARY NATURAL LEATHER GLOVES

Are suited to every season, and will be found preferable to ordinary kid or leather gloves, on account of their suppleness and agreeable wear. The washing of natural leather gloves may be effected in the simplest manner, with lukewarm water and common soap.

SANITARY BICYCLING GLOVES.

N.B. In ordering any description of glove it will suffice to state the number of the size of kid glove usually worn.

SANITARY WOOLLEN HANDKERCHIEFS,

MANUFACTURED OF FINE EASILY WASHED WOOLLEN MATERIAL
SANITARILY DYED.

White Colour	...	} In two sizes, about 24 in. and 20 in. square, with woven border.
Natural	„ ...	
Red	„ ...	

Prices, 21s. and 18s. per doz.

Of all the articles manufactured in connection with the Sanitary Woollen System none has been more quickly adopted by the public than the handkerchief, inasmuch as it materially diminishes tendency to nasal catarrh, and is much better adapted than the linen handkerchief for drying up perspiration, which it more readily absorbs and evaporates.

SANITARY WOOLLEN COMFORTERS,

IN WHITE, BLACK, AND COLOURS.

Sole Concessionaries

JAEGER'S SANITARY COVERLETS & RUGS.



1. These Coverlets and Rugs are made of the finest quality of undyed, natural brown sheep's wool, and are ornamented with tasteful Jacquard designs, or are of uniform colour, with stripes (see drawings of patterns).

2. The Coverlets and Rugs of camel's hair are strongly advocated by Dr. G. Jaeger for their sanitary qualities. The beautiful designs and material of these articles will recommend them to every one on the most cursory inspection. They are particularly suitable for travelling, as two such Coverlets are an excellent substitute for the Sanitary Woollen Bedding, and protect against damp and unclean beds.

For Great Britain and the British Possessions.

JAEGER'S SANITARY COVERLETS & RUGS—*continued.*

THESE Coverlets and Rugs may therefore be considered indispensable to all who adopt the Sanitary Woollen System of Dr. G. Jaeger, and they will be found of the greatest use to travellers and sportsmen, as well as for driving, and for carriage rugs. Further, they are a handsome ornament when laid over sofas and other upholstery, which, as will be seen from Dr. G. Jaeger's writings, are frequently covered, and generally stuffed with materials of vegetable fibre, and become permeated with noxious odours and exhalations. By covering such unsanitary upholstery with these handsome Coverlets, similar protection is afforded as against damp and unwholesome bedding.

Sole Concessionaries

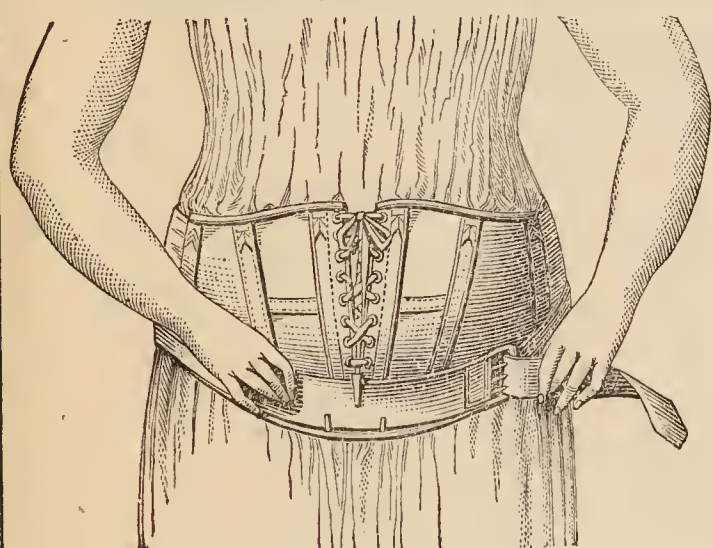
W. TEUFEL'S PATENT UNIVERSAL ABDOMINAL BELT.

(SUPPORT WITHOUT PRESSURE.)

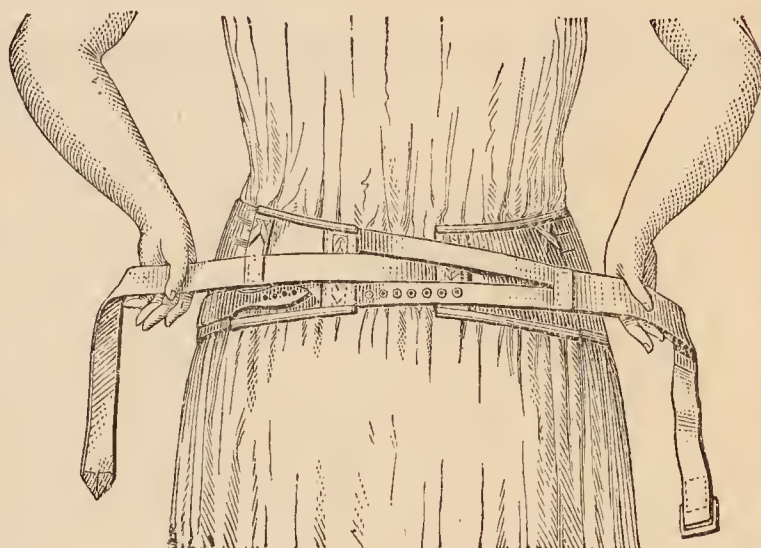
For Pregnancy, Corpulence, and all Abdominal Complaints.

OF the multitude of Belts hitherto devised none has succeeded in satisfying the requirements of Medical Men and their Patients. Owing to defective shapes and other faults these Belts sit badly, draw together, and work up, doing more harm than good, and completely failing of their purpose.

As the result of many years' experience, the Patentee brought out in 1869 an Abdominal Belt, which, for its original and excellent construction, was recognised as the best and most practical of its kind then existing. The Patentee, however, has since incessantly striven to improve the Belt in directions suggested by the Medical Profession and by numerous Patients.



FRONT VIEW.



BACK VIEW.

The Universal Abdominal Belt is now offered as the perfected result of so much thought and labour. In its seven different forms it will be found to apply to *every phase of the conditions cited in the above heading*. The peculiar advantages of its patented construction are, that it lifts and supports from below, *without pressure*, and may be extended or taken in at pleasure, but *never gets out of place* when properly put on. As it is very important that the Belt should be put on correctly, careful attention is requested to the instructions enclosed in the box in which each Belt is packed.

A separate illustrated catalogue, showing the different forms of the Belt, with explanations of their uses, and indicating how the measurement should be taken, will be forwarded immediately upon application.

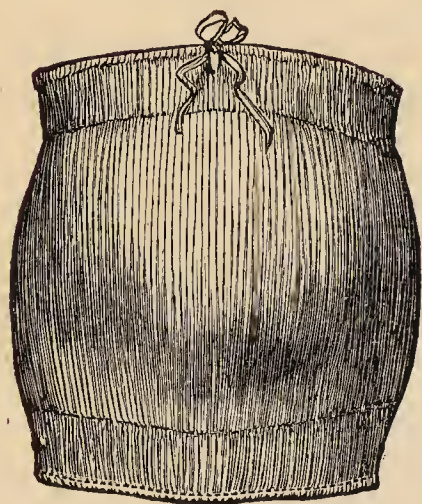
Each form of Belt is supplied in several varieties of material, and the following qualities are especially recommended as manufactured in accordance with Dr. Jaeger's Sanitary Woollen System :—

J—Grey	Pure Wool.	} Price
K—Chamois	„ „	
						14s. 6d. each.

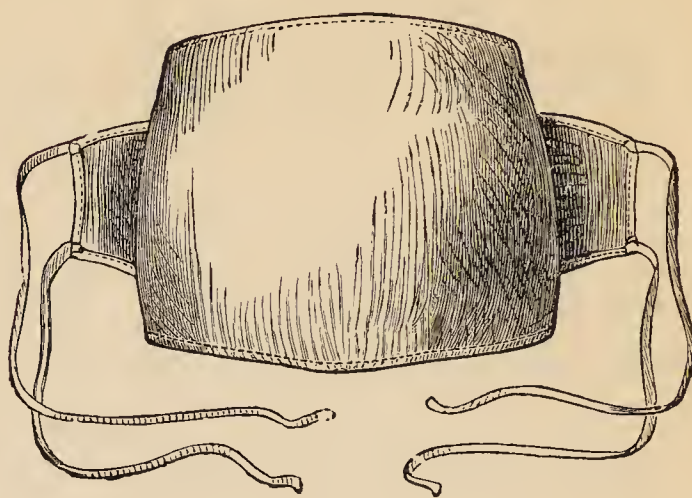
For Great Britain and the British Possessions.

BANDAGES FOR STOMACHIC DISORDERS.

TO SLIP ON.



TO TIE ON.



The Bandages are made in shades of White and Natural Mixture.
Those to be tied on have an extra lining of Wool.

				5	6	7
To slip on	2/-	2/6	2/9
				1	2	3
To tie on	K	3/9	3/6	3/3
„	B	3/6	3/3	2/9

JAEGER'S SANITARY PURE WOOLLEN BANDAGING,

BENGER'S MAKE,

With novel and very convenient method of fastening.

2 in. wide, 4/- per piece of about 66 in. in length.

2½ „ 4/6 „ „ „

Highly recommended to sufferers from Varicose Veins, &c.

Sole Concessionaries

THE

Platinum Lamp Deodorizer and Disinfectant.

Destroys all Odours of every Description.

Is therefore invaluable in Sick Rooms, Dining Rooms,
and wherever the atmosphere requires deodorizing.

THIS Lamp possesses the remarkable faculty of passing in a short space of time the entire atmosphere of a room through the Platinum Spiral which surrounds its wick, and which *glows without flame* for many hours, consuming in the process all odorous matters and impurities which the atmosphere may contain.

Dr. G. JAEGER discovered that when the evaporating power of the lamp is employed for the sustained dispersal in the surrounding air of the powerful deodorizer Ozogen, its value as a deodorizing and disinfecting agent is greatly enhanced.

Dr. G. JAEGER writes:—"I recommend the use of the Lamp in
" badly ventilated rooms, such as workrooms, offices, school-
" rooms, and in cases where, out of consideration for others,
" the ventilation is insufficient Persons who believe that they
" cannot sleep with the window open, whether on account of
" cold, or of chronic illness, or because of the vicinity of some
" evil smelling locality, should deodorize the atmosphere of their
" rooms with this Lamp, bearing in mind that, when it is
" allowed to burn too long in a room of moderate dimensions, it
" may induce headache; lastly, all sufferers from the disorders
" which I have indicated as arising during the period of diges-
" tion will find great relief by burning this Lamp."

Dr. G. JAEGER's account of the Platinum Lamp and its effects (to which are appended full instructions for the use of the Lamp) will be found in the "Selections from Dr. G. JAEGER's Essays" published at the Company's Dépôt, price 1s., or 1s. 3d. post free.

Prices of Platinum Lamps, 4s 6d. to 9s. 6d.; Ozogen, 1s. 6d. per Bottle.

For Great Britain and the British Possessions.

Directions for Washing the Sanitary Woollen Under-clothing.



THE clothes should be placed in water in which soap has been boiled up, the temperature recommended being 30° Reaumur (or about 100° Fahr.) Any good soap may be used. Add about an ounce and a half of ammonia, which instantaneously removes all grease and perspiration, and wash out the clothes *at once*, as rapidly as possible, without delaying to rinse them. In washing out, draw the clothes through the hand, avoiding rubbing; after lightly wringing them out, pass the clothes through two separate quantities of luke-warm water, free from soap and ammonia. Hang up the clothes to dry immediately, if possible in the open air, and iron them when half dry, *stretching them to the necessary length*; this is especially important with the collars.

Washing out quickly is particularly advised, and the careful observance of these instructions will be found greatly to conduce to the durability of the clothes, preventing them from shrinking.

Disregard of the foregoing instructions, and carelessness in washing, will do infinite harm to the Sanitary Woollen Clothing, causing it to shrink up, and spoiling the quality of the texture.

To meet a difficulty in cases where washing at home, or by a skilled and reliable laundress, is impracticable, an arrangement has been made with the management of the

BELGRAVE STEAM LAUNDRY, 196, EBURY STREET, S.W.,

to undertake the washing and getting up of the Sanitary Woollen Clothing in the best manner, at ordinary prices.

Blankets, 1s. per pair.	Combinations, 6d. each.	Shirts, 4d. each.
Chemises, 2d. each.	Handkerchiefs, 1d. ,,	Socks, 1d. per pair.
Collars, 1d. ,,	Pants, 2d. each.	Stockings, 1d. ,,

The clothing must be dispatched and returned by a carrier, or parcels post, at the sender's risk and expense. All accounts must be paid weekly. It is particularly requested that every article may be clearly marked, and the mark should be copied on the list, or washing book, accompanying the articles.

The management of the Laundry cannot recognise any claim, unless it be made within the week following that in which the mistake or loss occurs. Communications should be made separately to the management, and not written on the washing lists.

Sole Concessionaries

TERMS, CONDITIONS, &c.

All Goods sold for NET CASH ONLY. Orders should be accompanied by remittances.

Post Office Orders may be made payable to JAEGER'S COMPANY, LIMITED.

Cheques to be crossed "London and Westminster Bank, Credit a/c of Jaeger's Company, Limited."

FULL FORWARDING INSTRUCTIONS are requested with each order. The Company will not be responsible for loss of, or damage to, Goods in transit.

Complaints can only be entertained when received within ten days from execution of order. Articles specially made to measure cannot be taken back.

Illustrated Catalogues containing patterns of the materials of Jaeger's Sanitary Woollen Under-clothing, will be forwarded with pleasure, upon application; and possessors of Catalogues will confer a favour by showing them to their friends.

The Company is prepared to consider proposals to establish Agencies in Great Britain and the Colonies, for supplying the public with articles in connection with Dr. Jaeger's Sanitary Woollen System.

For Great Britain and the British Possessions.



